



Fish Oil Supplmenents

Fish oil (omega 3 fatty acids - EPA + DHA) may reduce your risk for cardiovascular disease by reducing heart rhythm problems after a heart attack, decreasing blood clots in the arteries of your heart, lowering triglycerides, slowing growth of plaque in arteries, increasing artery relaxation and lowering blood pressure.

Fish oil (omega 3 fatty acids - EPA + DHA) together with statin therapy have been shown to significantly lower risk of major coronary (heart related) events compared with statin therapy alone in patients with artery disease.

The American Heart Association recommends:

Persons without documented artery disease eat a variety of (preferably oily) fish at least twice a week.

Include oils and foods rich in a-linolenic acid (flaxseed, canola, and soybean oils; flaxseed and walnuts)

Persons with documented artery disease consume approximately 1,000 mg of EPA+DHA per day, preferably from oily fish. EPA +DHA supplements could be considered in consultation with a physician.

Persons with high triglycerides should take 2,000 - 4,000 mg of EPA+DHA per day provided as capsules under a physician's care.

- Over the counter preparations contain varying amounts of EPA + DHA in each capsule. This means that you may need to take as many as 2-20 capsules daily.
- If you buy over the counter fish oil or omega 3 fatty acid supplements read the label carefully to find out how much EPA+ DHA is in each capsule. Often, the label will list the fish oil content by "serving size" which may be 2 or more capsules.
- **The amount of Fish Oil Concentrate is not the same as the amount of EPA and DHA.**
- **Lovaza**, a fish oil preparation available by prescription, contains 456 mg of EPA and 375 mg of DHA
- Fish oil supplements have no significant amount of mercury content.
- The dose range used in two large human prospective trials showing cardiac event rate reduction was: 850 to 1800 mg of EPA+DHA.



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