

Medical Article

November 2010

This month we are going to take a closer look at one of the many supplements we recommend and provide at our Office, Triple Strength Fish Oil.

Triple strength fish oil is comprised of 80% to 90% fish oil and 10% to 20% fish muscle. Double strength fish oil is comprised of 50% to 60% fish oil and 40% to 50% fish muscle. Regular strength is comprised of 30% fish oil and 70% dead fish muscle, which tends to leave an aftertaste. The recommended dosage is 2 to 4 tablets per day. You will want to get the strongest fish oil possible.

When shopping for fish oil check the label for the active ingredients EPA and DHA, then add the milligrams of each together. The higher the total milligrams, the stronger the each dosage will be. Be careful the label doesn't say 600 milligrams per two capsules, which is 300 milligrams per capsule, or 30%, which is the strength of most cheaper brands. You can still benefit from buying a cheaper brand but you will have to buy twice as many pills and they often taste too much like "dead fish" when they are belched up afterwards. This is because the higher the percent of fish muscle is what makes fish oil capsules taste like "dead fish". Only 20% of patients can take more than 4 regular strength 30% fish oil capsules for over several months and fish oil needs to be taken for a lifetime to lower your cholesterol, to decrease your chances of a heart attack and stroke risk and to lubricate and prevent muscle and joint aches.

Fish Oil is mainly used to lower your cholesterol and triglycerides and to decrease your HDL. It will also slow the hardening of your arteries. Fish oil has also been shown to improve memory loss and to help with Alzheimers disease. It can also slow arthritis progression and pain and will improve your dry skin.

Lovaza is prescription strength fish oil that is 90% fish oil. At our office, we carry a pharmaceutical grade that is 82% fish oil, called OmegaPure 820. Each batch of OmegaPure 820 is analyzed for potency and mercury toxicity. OmegaPure 820 contains 500 milligrams of EPA and 320 milligrams of DHA along with a dose of vitamin E.

As for pricing, the OmegaPure 820 that we sell at our office costs less per pill than a comparative brand of similar strength at GNC. Plus, you get the added benefit of being able to discuss the matter with your doctor so you can have peace of mind that you are taking the best thing for a healthier body.

For more information, contact our office to schedule an appointment to discuss if fish oil is right for you or just stop in and purchase some. We are here to take care of you.