

7021 - The Facts about Fish Oil

Sources of Fish Oil:

- ✓ Salmon
- ✓ Anchovy
- ✓ Herring, shad, sardine, or menhaden
- ✓ Smelt
- ✓ Mackerel, tuna or bonito
- ✓ Sand lance



Fish oil may be taken as:

- ✓ Chewable gummies or tablets
- ✓ Caplets
- ✓ Capsules
- ✓ Strips
- ✓ Lozenges
- ✓ Powders or liquids where the dose is measured in drops, teaspoons or tablespoons
- ✓ This does not include food-like dosage forms such as bars, chewing gums or beverages

Storage conditions: Refrigerate after opening. This goes for all products, except those in capsules.

Benefits and uses of Fish Oil:

- Source of omega-3 fatty acids (EPA and DHA) which helps maintain good cardiovascular and overall health.
- Can help support cognitive health and/or brain function.
- Helps support the development of the brain, eyes and nerves in children and adolescents.
- Helps maintain/support cardiovascular health.
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.
- Helps to reduce serum triglycerides/triacylglycerols.

How Much Fish Oil do you Need?

Dose information for EPA + DHA in fish oil presented as dose per day		
Age Group	EPA + DHA (mg/day)	
	Minimum	Maximum
Children 1-8 y	100 mg	1,500 mg
Adolescents 9-13 y 14-18 y	100 mg 100 mg	2,000 mg 2,500 mg
Adults 19+	100 mg	3,000 mg

(Source: Health Canada, 2008)