



<b>Fish Oils</b>	
<b>Description</b>	Fish Oils contain rich sources of essential omega 3 family of polyunsaturated fatty acids, the most important members of which are EPA (eicosapentaenoic acid) & DHA (docosahexaenoic acid).
<b>Function &amp; Use</b>	EPA may help to discourage the formation of blood clots and help assist the blood to flow freely around the arteries. EPA may also help maintain a healthy heart and circulation. DHA is important in infant development, particularly in prematurely born infants. DHA is believed to be necessary to early eye and brain development. Omega 3 fatty acids also help maintain suppleness.
<b>Food Sources</b>	Fish body oils are found in oily fish such as mackerel, herring, pilchards, sardines, salmon and trout.
<b>Commercial Availability &amp; Dosage</b>	200mg per day of EPA/DHA is recommended <sup>2</sup> by the UK Department of Health. The British Nutrition Foundation however recommends 1250mg <sup>3</sup> daily. Fish oil supplements are available in the form of capsules and liquids. Dietary supplements generally provide 100-1500 mg combined EPA/DHA per dose.
<b>Precautions / Contra-Indications</b>	Some medical conditions and a number of blood disorders may be affected by fish body oils. It is therefore wise to consult your GP for advice.
<b>Pregnancy &amp; Breastfeeding</b>	Do not take cod liver oil supplements if you are pregnant or planning a pregnancy because high amounts of vitamin A may be present.
<b>Adverse Effects<sup>1</sup></b>	Reflux or "burping up" of fish oil may occur in some individuals. Take with food to avoid this occurring.
<b>Interactions<sup>1</sup></b>	Taking cod liver oil/fish oils with anticoagulants, aspirin, ginkgo biloba or ginseng, may increase the risk of bleeding. Medical supervision in these cases is required.
<b>References</b>	<ol style="list-style-type: none"> <li>1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.</li> <li>2. Department of Health. Report on Health and Social Subjects, No. 46. Nutritional Aspects of Cardiovascular Disease. Report of the Cardiovascular Review Group Committee on Medical Aspects of Food Policy. London: HMSO, 1994.</li> <li>3. British Nutrition Foundation. Unsaturated Fatty acids: Nutritional and Physiological Significance. Task Force Report. London: HMSO, 1992</li> </ol>