

## ♥ Health Minute

How well do you know your fish oil?

We have shared the multiple health benefits of fish oil with you here before. The next several articles will expand on the benefits of fish oil to individual organ systems. The most important thing to know about fish oil is the actual oil that you buy. The component of fish oil that is most beneficial to your health is the omega-3 fatty acids EPA and DHA. Almost all fish oil capsules contain 1000 mg of fish oil but it is the amount of EPA and DHA that matters to your heart most. It is also important to know what kind of fish, where the fish are caught, and if the oil has been filtered properly.



<u>Average Fish Oil</u>	<u>Best Quality Fish Oil</u>
(one gelcap) Natural Fish Oil Concentrate 1000mg EPA (Eicosapentanoic Acid) 180mg DHA (Docosahexaenoic Acid) 120mg	(one gelcap) Fish Oil Concentrate 1149mg EPA 415mg DHA 203mg

### **American Heart Association Recommendation:**

- ♥ Persons with a history of heart disease should consume approximately 1 gram of EPA+ DHA daily
- ♥ Patients with elevated triglycerides should consume 2 to 4 grams of EPA+ DHA daily.

*Heart health minute recommends Arctic Pure Omega-3 fish oil available through [www.fishcapsule.com](http://www.fishcapsule.com)*