

Fish Oil



What is fish oil?

- The omega-3 fatty acids are found in cold-water fish. Fish oils can be obtained from eating fresh fish or by taking supplements. Best sources include cod, tuna, salmon, halibut, shark, and mackerel. Herring, bluefish, shrimp, flounder, and swordfish also provide good amounts of these fatty acids.

What is it used for?

- Fish oil has been used to treat:
 - heart disease, including irregular heartbeats and atherosclerosis
 - high triglycerides

How is it taken?

- Fish oil is available as capsules taken by mouth. Take the capsules with meals to help decrease side effects.
- We recommend Arctic pure Fish Oil by Source Naturals.



What should I watch out for?

- Do not take fish oil without your healthcare provider's approval if you have:
 - AIDS or HIV
 - an allergy to fish or seafood
 - aspirin-sensitive asthma
 - bipolar disorder
 - high blood pressure
 - liver disease.
- If you need emergency care, surgery, or dental work, tell the healthcare provider or dentist you are taking this remedy. High doses of fish oil may increase your risk of bleeding.
- Females of childbearing age: If you are pregnant or breast-feeding, do not take large doses of this remedy without your healthcare provider's approval.

What are the possible side effects?

- Along with its desirable effects, this remedy may cause some unwanted side effects. Some side effects may be very serious. Some side effects may go away as your body adjusts to the remedy. Tell your healthcare provider if you have any side effects that continue or get worse.
- Serious (report these to your healthcare provider right away): Unusual bruising or bleeding.
- Other: Stomach pain, heartburn, nausea, loose stools, bad breath.

What products might interact with this remedy?

- Before taking this remedy, talk to your healthcare provider if you are taking:
 - ACE inhibitors such as benazepril (Lotensin), captopril (Capoten), enalapril (Vasotec), fosinopril (Monopril), lisinopril (Prinivil, Zestril), quinapril (Accupril), and ramipril (Altace)
 - alpha blockers such as prazosin (Minipress) and doxazosin (Cardura)
 - angiotensin receptor II blockers such as candesartan (Atacand), eprosartan (Teveten), irbesartan (Avapro), losartan (Cozaar), olmesartan (Benicar), telmisartan (Micardis), and valsartan (Diovan)
 - anticoagulant and antiplatelet medicines such as aspirin, warfarin (Coumadin), clopidogrel (Plavix), ticlopidine (Ticlid), enoxaparin (Lovenox), dalteparin (Fragmin), dipyridamole (Persantine), and heparin
 - beta blockers such as atenolol (Tenormin), bisoprolol (Zebeta), pindolol, metoprolol (Lopressor, Toprol XL), and propranolol (Inderal)
 - birth control pills and hormone therapy such as estrogen (Premarin, Prempro, Cenestin) or estradiol (Alora, Estrace)
 - calcium channel blockers such as diltiazem (Cardizem, Dilacor, Tiamate, Tiazac), nifedipine (Procardia, Adalat), felodipine (Plendil), amlodipine (Norvasc), and verapamil (Calan, Isoptin, Verelan)
 - cholesterol-lowering medicines such as gemfibrozil (Lopid) and fenofibrate (TriCor)
 - diuretics (water pills) such as chlorothiazide (Diuril), chlorthalidone (Thalitone), hydrochlorothiazide (Microzide, HCTZ, Oretic), furosemide (Lasix), torsemide (Demadex), bumetanide (Bumex), and metolazone (Zaroxolyn)
 - herbs with blood-thinning effects such as angelica, anise, arnica, capsicum, celery, chamomile, fenugreek, danshen, garlic, ginger, ginkgo, panax ginseng, horse chestnut, horseradish, licorice, papain, passionflower, red clover, turmeric, and willow
 - nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin, Motrin IB, Advil, Nuprin), naproxen (Naprosyn, Anaprox, Aleve, Naprelan), ketoprofen (Oruvail), nabumetone (Relafen), indomethacin (Indocin), ketorolac (Toradol), sulindac (Clinoril), piroxicam (Feldene), diclofenac (Voltaren, Cataflam), and oxaprozin (Daypro)
 - orlistat (Xenical) (take at least 2 hours before or after this medicine)
 - other blood pressure medicines such as clonidine (Catapres), methyldopa (Aldomet), minoxidil (Loniten), and hydralazine (Apresoline)
 - vitamin E