



village health clinic
naturopathic medicine & midwifery care

Science-based Natural Medicine Research Updates

Practical Applications of Fish Oil (Omega-3 Fatty Acids) in Primary Care

From Journal of the American Board of Family Practice

Fish oil (ω -3 fatty acids) has been studied for more than 30 years. For secondary prevention of cardiovascular disease, 1 gram of fish oil has shown to reduce overall and cardiovascular mortality, myocardial infarction, and sudden cardiac death. Higher doses may be used for its potent triglyceride-lowering effects and for patients with rheumatoid arthritis to reduce nonsteroidal anti-inflammatory use. Omega-3 fatty acid supplementation of infant formula has shown benefit in infant neural growth and development. With the potential health benefits of fish, women of childbearing age should be encouraged to eat 1 to 2 low-mercury fish meals per week.