

# Drink Omega 3 properly how to be effective

How to drink Omega 3 effectively is a concern of many consumers. To get an answer to this problem, let's go find Quantrimang!

Omega 3 has a very special role for health. In addition to using Omega 3-rich foods, people often choose to supplement them by drinking functional foods. However, **how** to effectively **consume Omega 3** is a concern of many consumers. To get an answer to this problem, let's go find Quantrimang!



>> **See also:** The great benefits of Omega-3 for health

## How to take Omega 3 to get the best effect

### Add the right dose

**Omega 3 fish oil pills** are very good for cardiovascular products. In addition, it also helps to brighten the eyes, beautify the skin, improve the spirit . However, it can only work if you use the right dose.

The amount of Omega 3 needed for the body is also based on EPA and DHA - the two main ingredients in fish oil. Each type of fish oil tablet has different rates of EPA and DHA. Typically, tablets of fish oil are 1,000 mg, and EPA / DHA will be 180mg / 120mg for these types.

### Drink at the right time

Using Omega 3 at the right time also plays an important role because the body cannot always absorb Omega 3.

The best time to take Omega 3 is after a meal. Moreover, fish oil is recommended for use in the morning, this is the time for the body to absorb the best omega 3. From 14h onwards when using fish oil, the absorption into the body will gradually decrease.

If you often lose sleep, take Omega 3 during dinner. Although after 14 hours, the absorption of fish oil is reduced, but it is useful for people with insomnia. It increases blood levels of Omega 3, making it easier to sleep and sleep.

## **Use the right age**

### **For children under 18 years old:**

In fact, there are no regulations regulating Omega 3 doses for young children. So when you want to supplement Omega 3, you should consult your doctor.

### **For patients:**

1. People with heart disease are advised to take 1,000mg of Omega 3.
2. Some patients with special health conditions may receive 4,000mg / day under doctor's supervision.

### **For pregnant and lactating women:**

For pregnant women, they should provide about 500 mg per day during the cycle and this concentration may increase at the end of the cycle as this is when the fetus needs Omega-3 to form the brain and nerves.

## **Who should not drink fish oil?**

People with the following health conditions should be cautious when taking Omega 3 supplements:

1. People with coagulopathy.
2. People with sea fish allergies.
3. People with diabetes.
4. People with arrhythmia after heart surgery.
5. People with liver diseases.
6. People with hormone imbalance .

## **Good Omega 3 supplements today**

In addition to learning how to take Omega 3 for a proper use, finding the right Omega 3 supplements is also essential for a healthy body.

### **Blackmores Omega Daily Concentrated Fish Oil Blackmores Omega Daily Concentrated Fish Oil - Reference price: VND 630,000.**

Omega Daily Concentrated Fish Oil is a functional product line of the famous Blackmores brand of Australia - specializing in providing vitamins, minerals, herbs and nutritional supplements.

All Blackmores products meet strict World monitoring standards, while providing customers with reliable services.



Blackmores Omega Daily Concentrated Fish Oil consists of 90 transparent oval soft capsules. The product contains fish oil, with Omega 3 content twice as high as regular fish oil products.

The product has less odor, does not use artificial surfactants to make it safe for users.

### **Blackmores Odourless Fish Oil 1000 - Reference price: 450,000 VND.**

Fish Oil 1000's Blackmores Odourless functional food is suitable for pregnant women because it has rich DHA for the child's brain, eyesight and nervous system. The pregnant women often choose Australia's Omega-3 for a long step in a pregnancy.

However, if you are pregnant and are taking another type of pregnancy supplement, you should consult your doctor to find out what dose you need.



### **Solgar Omega 3 Fish Oil Concentrate (120 tablets) - Reference price: 600,000 VND**

Functional food Solgar Omega-3 Fish Oil Concentrate (120 Tablets) helps supplement heart-healthy Omega-3, helps reduce atherosclerosis, reduces blood cholesterol, replenishes nutrients for the brain, supports improvement memory, good for eyes.

Solgar Omega 3 Fish Oil Concentrate One tablet contains: 1000mg of fish oil with 300mg of Omega-3 content, which contains: - EPA (Eicosapentaenoic Acid) 160mg - DHA (Docosahexaneic Acid) 100mg Accessories: Gelatin, Plant Glycerin, Mixture Natural tocopherols.



Take the above precautions so that Omega 3 supplements are scientifically effective. Thank you for following the article.

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