

Good fish oil, Uses and How to drink

Fish oil has long been known for its health effects such as eye tonic, good for the nervous system, memory enhancement, concentration, good for the heart, relieving stress, anxiety, good for skin ... So good fish oil, how to drink Omega 3 fish oil effectively?

In this article, TipsMake.com will answer all the questions about Omega 3 fish oil as the use of fish oil, fish oil of any kind, how to drink fish oil properly .

Fish oil is known for many good effects for the body and has long been widely used to improve human health. On the market today there are also a variety of fish oils with different origins, content, prices . So what kind of fish oil is good, and how is the best way to drink fish oil? Let's find the answer now!

Quick review of content

1. What is fish oil?
2. Use of fish oil
3. Experience in buying fish oil
4. How much is fish oil? Which fish oil is good?
5. How to drink fish oil properly



Fish oil is extracted from tissue of fatty fish.

What is fish oil?

Fish oil is extracted from the tissues of fatty fish such as tuna, herring, mackerel, salmon, cod . capable of providing a large amount of two important acids in the Omega 3 fatty acid group. is EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

Besides fish oil, there are also **fish liver oils** extracted from fish liver. Fish liver oil provides less Omega 3 than fish oil, but is rich in vitamins A and D, while fish oil does not contain these two vitamins. In general, fish oil and cod liver oil have relatively different ingredients, so their uses and uses are also different, and you need to be aware of distinguishing these two oils to choose the right products you need. .

In addition, there are some fish oils on the market that are supplemented with vitamin E or some other oils such as linseed oil, primrose oil, safflower oil .

Use of fish oil

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are two of the Omega 3 fatty acids that are essential for the human body. Like other Omega 3 fatty acids, the human body cannot synthesize EPA and DHA but must be absorbed through the diet. EPA and DHA are both found in high levels of marine life oils, especially fatty fish that live in deep waters, so fish oils are considered a source, Omega 3 supplements are extremely effective for the body. .

EPA has the main effects of anti-inflammatory and has the ability to 'purify' blood to reduce and prevent blood clots (blood clots) in the blood, reducing blood viscosity, reducing cholesterol . so it is very beneficial. in the prevention and treatment of cardiovascular diseases. DHA is an important component involved in brain and retinal structure, so it plays a huge role in the development and functioning of the brain and eyesight. Therefore, using fish oil supplemented with Omega 3 will provide the following health and body benefits:

1. Enhance brain function, enhance memory, increase concentration, improve diseases of dementia and memory.
2. Improve morale, improve stress and nervous disorders, reduce stress, fatigue, and anxiety.
3. Fish oil replenishes eyes, improves and enhances eyesight, better eye protection.
4. Reduce cholesterol, lower blood pressure, prevent and reduce the risk of cardiovascular diseases.
5. Relieve pain, inflammation for rheumatoid arthritis, back pain, prostate pain .
6. Enhance the immune system, improve endurance.
7. Beautify the skin, prevent aging to keep skin firm, prevent and reduce symptoms of skin diseases such as dandruff on scalp, flaky skin, acne, dermatitis, eczema .



Fish oil is good for health.

Experience in buying fish oil

To supplement Omega 3 for the body, the average person is recommended to eat 2-3 servings of fish per week and regularly supplement Omega 3 rich foods. In addition, in case people do not eat fish or need Strictly controlling Omega 3 supplements for the body, using Omega 3 fish oil tablets is the best way thanks to clear micronutrients, suitable for use with different ages and needs, and also work faster than eating regular food.

To choose to buy good Omega 3 fish oil, you should keep in mind the following points:

1. Select reputable brands to ensure the quality of fish sources used to extract fish oil, advanced and modern fish oil processing technology, to ensure the purity, safety and effectiveness of the product.
2. Selecting products with EPA and DHA content is suitable for health and age. For example, as recommended by health agencies and agencies around the world, the recommended EPA + DHA daily dose for normal people is 200 - 500mg, while those with heart disease or syndromes. Anxiety disorder can be used in higher doses, while infants and young children need to take lower doses; Pregnant women will need more DHA than EPA, while those with depression and mental illness need more EPA to use than DHA .
3. Select a reputable functional food sales address to avoid buying fake, counterfeit, or substandard goods.



Solgar fish oil of America.

How much is fish oil? Which fish oil is good?

Supplementing EPA and DHA is essential for all people of all ages to ensure healthy brain, vision, heart, and joint bone health and do not cause adverse effects on learning activities, work and daily activities. On the market today there are many types of Omega 3 fish oils originating from many different countries such as USA, Japan, Australia, Germany, so you can feel anxious when choosing this product. Here are some good fish oil suggestions and consumer favorites for you to refer to:

1. American Omega 3 Fish Oil: Solgar Omega 3 Fish Oil Concentrate fish oil is one of the best fish oils providing Omega 3 from the US, with fish oil extracted from deep-sea fish, Cold water, tested to ensure purity and fractional distillation to remove mercury.
2. Australian Omega 3 fish oil: Blackmores Odourless Fish Oil 1000 and Blackmores Omega Fish Oil Daily Concentrated Fish Oil from Blackmores brand is widely appreciated for the quality of Australia's Omega 3 fish oils. Fish oil source is extracted completely from wild caught fish, extracted by modern and specialized technology, so it ensures the purity and goes through the process of mercury and PCB inspection, extremely strict. Blackmores Omega 3 fish oil is also applied technology to remove 100% or significantly reduce fish oil smell, making it easier for users to drink than regular fish oils.

The price of fish oil on the market today is also quite diverse, depending on the packaging specifications, the content of Omega 3 EPA fatty acids, DHA, which can range from a few hundred thousand to more than 1 million. The following is a table of packing specifications, Omega 3 content, detailed reference price for good fish oils, which are popular today:

Blackmores Odourless Fish Oil 1000

Solgar Omega 3 Fish Oil Concentrate

Blackmores Omega Daily Concentrated Fish Oil

Number of Omega 3 tablets

200 tablets / box

120 tablets / box

90 capsules / box

Omega 3 content

Each 1000mg fish oil capsule contains 300mg of Omega 3 fatty acid, including:

- 180mg EPA
- 120mg DHA

Each 1000mg fish oil capsule contains 300mg of Omega 3 fatty acid, including:

- 160mg EPA
- 100mg DHA

Each 1000mg fish oil capsule contains 600mg of Omega 3 fatty acid, including:

- 360mg EPA
- 240mg DHA

Reference price

VND 510,000

VND 780,000

VND 630,000

Refer to the best price Refer to the best price Refer to the best price



Drink fish oil in the right way to enhance its effectiveness.

How to drink fish oil properly

In order to ensure the effectiveness and safety of Omega 3 fish oil, users should adhere to the following:

1. Use according to the manufacturer's recommended dosage.
2. It is recommended to drink fish oil during or after meals to absorb Omega 3 the best.
3. For children, pregnant women, lactating women, people with cardiovascular disease, depression, etc., consult your doctor for the safest and most effective Omega 3 fish oil dose.
4. People with marine fish allergies, liver diseases, diabetes, coagulopathy . should be cautious and consult their doctor if they want to use the product.

In addition, patients should also note that Omega 3 fish oil is a functional food, not a medicine, has no effect to replace medicine so it is necessary to visit regularly and follow the instructions of the doctor. to ensure the best treatment effect.

In the process of use, you should also take care to store the product in a cool place, avoid moisture, high temperature and sunlight and close the lid immediately after drinking so that fish oil is preserved and maintained. Best quality.

See more : Drink Omega 3 properly how to be effective

Hopefully, the above information has helped you better understand fish oil, its effects and how Omega 3 is the most effective way to take care of your health and your loved ones better!

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