

What is Omega 3? Is it good to drink lots of Omega 3?

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What is the concept of Omega 3?

Omega 3 is an extremely balanced type of fatty acid for the body. There are three most common types of omega 3 fatty acids: Eicosapentaenoic acid (EPA), Docosahexaenoic (DHA) and Alpha lipoic acid (ALA).

Our bodies cannot synthesize and make omega 3. Therefore, we need to supplement them by using functional foods or using foods rich in omega 3 from nature.

What is the effect of Omega 3?

Not all fats are harmful to the body and omega 3 fatty acids are a good example. Not only does it help prevent some diseases, the effects of omega bring to the body will make you surprised:

1. Preventing agents that cause cardiovascular diseases

2. Support for treatment of fatty liver
3. Improve sleep quality
4. Oil control, moisture effective for skin. At the same time prevent aging elements that help keep skin shiny and healthy
5. Treatment of rheumatoid arthritis
6. Improve vision and support brain development in young children
7. Support treatment of hyperactivity, attention deficit
8. Treatment of Alzheimer's disease
9. Prevent cancer and fight autoimmune diseases

With great health benefits, many people often take omega 3 freely without considering the dosage. So is it good to drink lots of omega 3? Follow the article to get an answer.

Is it good to drink plenty of omega 3?

Although there are many effects, however, it is not good. If you use too much omega 3 you will face unwanted side effects such as:

Hyperglycemia

In some studies, scientists have shown that excessive intake of omega 3 into the body will cause blood sugar in diabetics to rise. When you use 8g omega 3 daily and continuously for 8 weeks, people with type 2 diabetes will have a 22% increase in sugar.

Hypotension

Omega 3 fish oil works to lower blood pressure. However, it is only meaningful for people with high blood pressure and use the right dose. For people with a history of low blood pressure, if used incorrectly, it can be dangerous.

Weight gain

Fish oil contains high amounts of fat, rich in energy. About 4.5 g of omega 3 has up to 40 kcal. If you use too much omega 3 you will probably lose weight out of control

Insomnia

Omega 3 works to improve sleep. However, it is only true when you use it in the right dosage. In some cases, excessive use of omega 3 can lead to sleep disturbance. However, more research is needed to clarify this issue.

Diarrhea

This is one of the most common side effects if you overuse omega 3. In addition, some people may experience flatulence.

Bleed

From 52 studies, fish oil may help reduce the risk of blood clots in adults, but it increases the risk of bleeding such as nosebleeds, root bleeding .

The advice for you is that if you are going to undergo surgery, you should stop using fish oil.

Vitamin A poisoning

Some types of omega 3 usually come with vitamin A. When supplementing with omega 3, the amount of vitamin A is therefore increased, so it is easy to cause poisoning. When vitamin A poisoning will have signs such as headache, nausea, dizziness, skin irritation, joint pain . Long time, can lead to liver damage, liver failure.

Reflux

When overdose of omega 3 you may encounter some symptoms of reflux such as: heartburn, nausea, stomach rash . In some studies, it is shown that fat can cause indigestion.

Maintaining a moderate dose and using it with meals often has a regressive effect and associated symptoms.



How is taking omega 3 overdose?

When adding omega 3, you need to consider how much DHA and EPA content is. Depending on the content of EPA and DHA as well as the needs of each person, the use of omega 3 will vary.

A minimum of 250mg and a maximum of 3000mg EPA and DHA should be added daily.

According to the European Food Safety Agency, supplement safe omega-3 fatty acids at doses below 5000mg / day. If you experience the above symptoms, you can consult your doctor to reduce the dose.

Omega 3 works great for health. However, please understand correctly, understand to be able to add them reasonably to not cause unfortunate consequences.

>>> Reference:

1. Which food is the most Omega 3?

2. Good fish oil, Uses and How to drink
3. What effect does Omega 3 have on older people?

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