

The Omega-3 Plan

For anyone whose cholesterol nudged up and who is eyeing the fish oil aisle. Every line restates a claim verified against Tier-1 sources. The honest headline: fish beats fish oil.

✓ CHECKED AGAINST MAYO CLINIC · NIH OFFICE OF DIETARY SUPPLEMENTS

1

Fish beats fish oil

Mayo Clinic: people who eat fish twice a week have a lower risk of dying of heart disease, while fish oil supplements seem to have little to no heart benefit.

2

Triglycerides are the real job

Mayo: strong evidence omega-3s significantly reduce triglycerides, plus a modest blood-pressure effect. That is specific, not a heart cure.

3

Cap the dose

NIH: the FDA advises no more than 3 grams a day of EPA and DHA combined, including up to 2 grams from supplements.

1. Eat fatty fish twice a week

This is the move with the real evidence behind it.

WHY THIS WORKS

Mayo Clinic reports that people who eat dietary sources of fish oil at least twice a week have a lower risk of dying of heart disease. Mayo advises broiled or baked fish, not fried, and notes fish oil itself contains almost no mercury.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ Pick two: salmon, mackerel, sardines, or trout
- ☐ Broil or bake rather than fry
- ☐ Add plant omega-3s like walnuts, flaxseed, and chia

2. Know your numbers

The supplement case is really about triglycerides.

WHY THIS WORKS

Mayo Clinic notes strong evidence that omega-3s reduce triglycerides and a modest blood-pressure effect. If your triglycerides are high, that is the specific place omega-3s help, and it is a doctor conversation, not a guess.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ Ask for your triglyceride and cholesterol numbers
- ☐ If triglycerides are high, discuss omega-3s with your doctor
- ☐ Do not self-prescribe a high dose

3. If fish is genuinely off your plate, choose for purity

This is where a supplement earns a narrow place.

WHY THIS WORKS

NIH notes EPA and DHA come from fish and are components of every cell membrane with roles in the heart and blood vessels. If you will not eat fish, a molecularly distilled, honestly dosed omega-3 is a reasonable backup, chosen for purity rather than promises.

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

DO THIS WEEK

- ☐ Look for molecular distillation and a stated EPA and DHA dose
- ☐ Treat any CoQ10 pairing as a bonus, not a heart claim
- ☐ Take it with a meal

4. Respect the dose ceiling and the interactions

More is not safer.

WHY THIS WORKS

NIH notes the FDA advises no more than 3 grams a day of EPA and DHA combined, including up to 2 grams from supplements. Mayo warns high doses can raise bleeding risk, especially with blood thinners or blood-pressure drugs.

DO THIS WEEK

- ☐ Stay within the FDA ceiling unless a doctor directs otherwise
- ☐ Tell your doctor if you take blood thinners or blood-pressure medication
- ☐ Take it under a doctor's supervision if you have a heart condition

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Mayo Clinic, Fish oil · <https://www.mayoclinic.org/drugs-supplements-fish-oil/art-20364810>

NIH Office of Dietary Supplements, Omega-3 Fatty Acids Fact Sheet for Consumers · <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/>

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