

Omega 3 Fatty Acid Tips



- 1. Keep Cool:** Store them in the refrigerator. At least keep them away from a heat source (like a cabinet over the stove or above the microwave.) The ingredient DHA especially is sensitive to heat. Plus, some people report that keeping them cooler lessens the "burp" that you may find unpleasant.
- 2. Burping:** Burping from the fish oils? Nutriwest makes a supplement that helps the gallbladder. When taken with fish oils, the burping is dramatically reduced. Dr. Erica can give you a free sample for a couple of days to try. Otherwise a bottle of 90 tables would last 3 months and costs \$21. Also, try taking the omega 3's before bed to avoid the chance of burping.
- 3. Dosage:** There isn't any advantage to spreading your Omega 3 oil pills throughout the day. Take them all at once. They are fat-soluble. However, there is a benefit to spreading out *antioxidants* at least twice a day. They are water-soluble and after @6 hours, are urinated out of the body.
- 4. Boost Your Immune System:** If you have been fighting off the winter colds and germs, increase your dosage. I've been taking 2000 mg this winter instead of my usual 1500 mg to help with dry skin, as well as immune system.
- 5. Take Plenty of Antioxidants:** The omega 3-oils need a good dose of vitamin B's, C's & E's to be metabolized properly. There is a companion vitamin made by Nutriwest called Omega 3 Co-factors especially designed for this. But if you're taking Vibe, Juice Plus or whole food supplements, then you should be okay.
- 5. Use a Purified Brand:** If you are buying your fish oil capsules from the wholesale clubs, then chances are it isn't "molecularly-distilled" or "pharmaceutical grade". Pharma grade doesn't mean you need a prescription. It's just a manufacturing standard that ensures good quality. Nutriwest is molecularly-distilled AND pharmaceutical grade. All fish are contaminated with mercury and this must be purified out so you don't concentrate mercury in your body. Check your brand from the natural food stores to see if it is this quality.
- 6. Pregnancy:** DHA is extremely important in the 3rd trimester. There are scientific references stating at least **300 mg DHA** are needed daily during pregnancy and **650 mg/EPA** is needed. Another reference says that the *amount of EPA & DHA consumed during pregnancy along with seafood consumption DIRECTLY correlated with how smart and developed your kid was by age 4!*
- 7. Breastmilk:** ALA (which come from flax, walnut or hemp oil) and DHA (from fish or algae oil) are found in breastmilk. They do NOT occur in cow's milk. Look for an infant formula containing **DHA and ALA**. The few extra dollars per canister of formula will be money well-spent for your baby's brain development! Children's formula Omega 3's by Nutriwest can also be included in their milk if your brand infant formula is lacking these crucial fatty acids. Nestle's DHA/ARA contains DHA. But doesn't have ALA. ARA is arachidonic acid, also found in breast milk. I don't know of a brand containing ALA.