



Specialty Medicine Compounding Pharmacy

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Should You Take Omega-3 Fish Oils?

In recent years, there has been a lot of talk about types of fats and which are healthy versus which are unhealthy. The public has been bombarded with information that trans-fatty acids (which are artificially produced) should be completely avoided, and saturated fat (from animal products) should be kept to a bare minimum. In contrast, essential polyunsaturated fatty acids of the omega-3 variety have been shown to provide numerous health benefits. Whether consumed by dietary means (eating fish), or by supplemental means (fish oil capsules), there is undisputable scientific evidence that everyone should be getting their daily requirements of omega-3 fatty acids.

Omega-3 fatty acids are a

combination of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which are naturally found in the flesh of cold water fish, including mackerel, herring, tuna, halibut, and salmon; and also in cod liver, whale blubber, and seal blubber. In addition to the natural sources of DHA and EPA, one can supplement their intake of omega-3 fatty acids with fish oil capsules, which also contain various ratios of DHA and EPA.

Fish oils have been proven to be effective in treating a number of commonly occurring diseases, including:

Coronary Artery Disease – reduce the risk of developing CAD (primary prevention); reduce the risk of

cardiovascular and all-cause mortality in patients with pre-existing CAD (secondary prevention); decrease the risk of heart attack and stroke
Hyperlipidemia and Hypertriglyceridemia – Increase HDL and lower total cholesterol; decrease triglyceride levels
Cancer – reduce the general risk of cancer, including oral cancer, pharyngeal cancer, esophageal cancer, colon cancer, rectal cancer, breast cancer, ovarian cancer, endometrial cancer, and prostate cancer
Depression – improvement in depressive symptoms, when taken with conventional antidepressants
Dysmenorrhea – decreases pain and provides less interference with daily

activities in adolescent girls and women
Hypertension – significant reductions in systolic and diastolic blood pressure in patients with mild hypertension
Psoriasis – taking fish oils intravenously can decrease symptoms of psoriasis (oral administration is ineffective)
Raynaud's syndrome – improve tolerance to cold and delay the onset of vasospasm in patients with primary Raynaud's syndrome
Rheumatoid arthritis – significantly reduce the duration of morning stiffness and may reduce nonsteroidal anti-inflammatory drug (NSAID) requirements when used together

The typical daily dose when taking a fish oil supplement is 5 grams of fish oil, containing 169-563 mg of EPA and 72-312 mg of DHA. It is important to note that cod liver oil capsules and fish oil capsules are not identical. Cod liver is extracted from the liver of codfish, and is an excellent source of vitamins A and D, but there is insufficient amounts of EPA and DHA. Fish oils are extracted from the tissues of fatty fish and are excellent sources of EPA and DHA, but contain very little vitamin A and vitamin D.

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The demands of modern compounding have led to the creation of pharmacies devoted solely to this art. **Specialty Medicine Compounding Pharmacy** has been serving your community for over 6 years. Here we specialize in bio-identical

hormone replacement therapies and veterinary medicine, to name a few. We have all the facilities and equipment needed to make anything from topicals to capsules and sterile injectables. We do not accept insurance, but do provide claims

forms with prescriptions we fill. So, next time a patient wants a compound you're unsure of - we'd be happy to serve

