

Do I Need to Take Fish Oil?

There's a lot of talk in the nutrition world about fish oil and whether we should be taking it. Fish oil comes from the tissues of oily fish, particularly mackerel, lake trout, herring, tuna, salmon, and sardines. Other fish that are healthy but have less omega-3 oil are halibut, river trout, catfish, cod, and snapper. Taking a fish oil supplement can have more benefits than eating fish alone. (There are other ways to get Omega-3s as well – see graphic below).

So, what's the deal with fish oil?

Benefits:

- 1) May Reduce Anxiety & Depression
- 2) May Help Arthritis Symptoms
- 3) May Combat Alzheimer's
- 4) Helps Prevent Cardiovascular Disease
- 5) Great for Eye Health
- 6) Acts as Moisturizer for Hair & Skin
- 7) May Increase Fertility
- 8) Could Prevent Some Cancers
- 9) Improves Brain's Cognitive Function
- 10) Boosts Your Immunity

While eating fatty fish is a great thing for your overall diet, and an easy way to get more Omega-3 fats, adding a fish oil supplement has the potential to improve your health even further.

Omega-3 Sources

