

# Health Minute™

## Freeze that fish oil

Fish oil, rich in Omega-3 fatty acids has so many health benefits that there is really no reason not to include it as a part of your healthy lifestyle. One common obstacle to taking fish oil is the occasional “fishy burp.” Keeping your bottle of fish oil in the freezer is a good way to help prevent unpleasant repeating. A high quality fish oil such as Arctic Fresh will get cold without freezing, allowing the capsule to dissolve slowly when swallowed; decreasing the frequency of the “fish burp.” Low-quality fish oil capsules are often diluted with water causing them to get cloudy when placed in the freezer. Does your capsule remain clear?



Photo comparison of fish oil capsules from major drug stores vs Arctic Fresh. Note that the Arctic Fresh capsules remained clear after being frozen.