

Health Minute™

Study says fish oil fails? I agree!

A recent **German** study published in many newspapers called into question the benefit of fish oil capsules. The study looked at patients that had heart attacks and followed them for two years. Half of the patients took **one** prescription fish oil capsule containing 900mg of Omega-3s. At the end of two years, those who took fish oil had the same chance of having another heart attack as those who didn't. This is not a big surprise since 900mg of Omega-3 fats is about **half** the amount that the American Heart Association recommends (1500mg). It makes you wonder if they were really trying to prove anything. It certainly shouldn't make you stop taking fish oil.



Why Fish Oil Works	Study Flaws
<p>Slows the growth of fatty plaques that can cause heart attack Lowers triglycerides, unhealthy fats that can cause atherosclerosis Elevates HDL (good) cholesterol that helps to keep arteries clean Stabilizes cells of the heart and prevents irregular heart beats Makes platelets less sticky and less likely to form small heart-attack causing clots</p>	<p>The fish oil used (Lovaza) is intended to be administered as four capsules daily, not one. The American Heart association recommends 1500mg of EPA+DHA daily – a lot higher than the 900mg of EPA+DHA used in the study. A Japanese study proved a 19% reduction in second heart attack with a dose of 1800mg of EPA daily. The German study only used 465mg of EPA.</p>