Beat: Health

Natural Omega-3 Fish Oil Pills Have Helped Drastically Reduce My Triglycerides

May Fish Oil be a viable option for you?

Puget Sound, WA, 02.06.2013, 19:44 Time

USPA NEWS - I have taken three 1000 mg softgel pills of Natural Omega-3 Concentrated Fish Oil as a daily Dietary Supplement for over a decade now. During this time my triglyceride count went from a concerning High level of over 400 mg/dl (milligrams/deciliter) to the lower spectrum of Normal at just 44 mg/dl.

Scientifically speaking (and I am neither a scientist nor a doctor), Fish Oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Evidence from a number of clinical studies support the intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements to help lower triglycerides, as well as reduce the risk of heart attacks and strokes in people with known cardiovascular disease and slow the formulation of atherosclerotic plaques, also known as "hardening of the arteries". However, high doses of DHA and EPA may also have harmful effects, such as an increased risk of bleeding, for example. So if your triglycerides need to be reduced, Fish Oil pills containing Omega-3 Fatty Acids may help.

Omega-3 Concentrated Fish Oil Pills Helped Drastically Reduce My Triglycerides

I have taken three 1000 mg softgel pills of Natural Omega-3 Concentrated Fish Oil as a Dietary Supplement for over ten years. My triglyceride count went from a concerning High level of over 400 mg/dl (milligrams/deciliter) to the lower spectrum of Normal at just 44 mg/dl. A precipitous drop occurred quite quickly after just several months. I also lost a lot of weight, eat healthier, drink alcohol less, regularly exercise and take a cholesterol-lowering statin drug. But clearly, Fish Oil pills have played a big part in my marked triglyceride level improvement. Triglycerides are the chemical form in which most fat is present in food as well as in our bodies. Elevated "trigs" may lead to the onset of coronary artery disease in some people.

Article online:
https://www.uspa24.com/bericht-1056/natural-omega-3-fish-oil-pills-have-helped-drastically-reduce-my-triglycerides.html

Editorial office and responsibility:
V.i.S.d.P. & Sect. 6 MDStV (German Interstate Media Services Agreement): The Quick Flick Critic- John Smistad

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