

Do pregnant women need EFAs?

It is especially important for a pregnant or lactating woman to get adequate amounts of DHA in her diet because the baby is drawing upon her supply. DHA is critical for healthy development of the brain, eyes, and nervous system. There is evidence linking a deficiency in Omega-3 fatty acids to an increased risk of premature birth. Some experts recommend that women take 500-600 mg per day during pregnancy and lactation. As with any supplement, it is best to check with your health care professional.

What is the recommended intake of Omega-3 fatty acids?

ISSFAL Recommended Dosage Chart

Category	Weight	Dosage
Infants (1-18 months)	0-15 lbs	32 mg/lb EPA+DHA
Children (1.5-15 yrs)		15 mg/lb EPA+DHA
Adults (15-115 yrs)		650 mg EPA+DHA 220 mg EPA -minimum 220 mg DHA -minimum
Lactating Women		300 mg DHA daily

Can we get enough EFAs from the food we eat?

Fish is one of the most abundant sources of EFAs, but Americans simply don't eat enough fish on a regular basis. Even those who eat fish several times a week aren't getting enough EFAs because much of the fish consumed today are farm raised (fed a diet of grains instead of fish meal) and lack a significant amount of EPA and DHA. In addition, there are several factors that can lead to a reduced absorption of EFAs: Age, poor diet, alcohol consumption, low levels of certain vitamins and minerals, some prescription drugs, compromised immune status, and a diet high in trans-fatty acids (fast food, baked goods).

Good fats vs. Bad fats?

The "bad" fats are trans-fatty acids and saturated fats from animal products. Trans-fatty acids should be avoided completely, this includes margarine, shortening, and processed foods. Meat and dairy products contain high levels of saturated fat and should be eaten in moderation.

The "good" fats include polyunsaturated Essential Fatty Acids (EFAs). EFAs are considered "essential" because they are needed throughout the human life cycle, cannot be produced in the human body, and therefore must be provided through the diet. Omega-3 and Omega-6 fatty acids constitute the two families of essential fatty acids. Omega-6 fatty acids include corn, soybean, safflower, and sunflower oil. While it is important that your diet include both of these essential fatty acids, it is becoming clear that balance is the key to good health.

What should I look for when purchasing fish oil?

1. Investigate the manufacturing process. How is the fish oil manufactured and what are the manufacturing standards?
2. Smell. Does the fish oil smell fishy? If it smells fishy, the fish oil has most likely been exposed to oxygen and is becoming rancid.
3. Taste. Does the fish oil taste fishy? The freshest fish oils should not taste fishy. Avoid fish oils that have really strong fruit flavor added to them because they are most likely trying to hide the fishy flavor of rancid oil.

What is pharmaceutical grade?

Pharmaceutical grade/standard relates to the purity of an oil. Nordic Naturals' fish oils are tested, before and after production, for heavy metals, PCBs, and dioxin. The results are documented showing the absence of these environmental toxins. Only a true pharmaceutical grade/standard product will pass these standards.

Nordic Naturals' products test well below pharmaceutical grade/standard because they are solely based on the Norwegian Medicinal Standard, which is the only true pharmaceutical grade/standard to be revered.

Will EFAs interfere with my medical condition or medications I'm taking?

Check with your health care professional since EFAs can reduce blood viscosity and are not recommended if you are using blood thinners, taking high doses of aspirin, or anticipating surgery.

Can EFAs be taken with other supplements?

Yes, EFAs can be taken with a wide variety of supplements. EFAs are extremely well tolerated, natural, health-promoting, and safe to use every day.