

## Omega 3 Salmon Oil

Fish oil is beneficial to the overall health of an individual because it provides the essential omega 3 fatty acids - EPA and DHA. There are many oily fish rich in omega 3 fats, but the most easily available among them is salmon. Omega 3 salmon oil is a rich source of not only the fatty acids, but also high levels of protein. If you are looking for salmon oil supplements, make sure you find the ones that are molecularly distilled to clean any impurities and contaminants found in the fish. Farm-raised salmon, in addition to polychlorinated biphenyl (PCB), also contains contaminants known as dioxins, which might be harmful for the health. If you like to eat fish, eating salmon twice a week would be sufficient to fulfill the needs of the body for omega 3 fatty acids. Alternatively, you can also buy omega 3 salmon oil or fish oil capsules easily available on the market. Fish oil supplements can be obtained in the form of capsules or tablets, which makes them easy to consume. These capsules should be made from pharmaceutical grade fish oil to ensure a pure and standardized product. Sockeye salmon is one of the species of salmon found in the Pacific Ocean. It is known that sockeye salmon found in Alaska is among the purest of all salmon species and the best to make oil supplements from. Sockeye salmon is also known as red salmon. During our research, we have learnt that a fish known as the Hoki fish goes way beyond any fish in terms of pure fish oil and minimal pollution levels. Omega 3 salmon oil, as already discussed, provides EPA and DHA fatty acids in just the right amounts as needed by the body. 1 serving (3-4 ounces) of salmon is enough to obtain nearly 1.5 grams of omega 3 fatty acids. If you are taking omega 3 salmon oil supplements, then consuming 800-1000 mg daily should be enough. The only problem is much of the salmon available is loaded with harmful metals. Salmon oil is known to provide long-term health benefits; the most noteworthy among them is the prevention of cardiovascular disease. In addition to this, fish oil also helps to fight against cancer, asthma, rheumatoid arthritis and mental illnesses. In summary, find a fish source that gives the most natural and purest fish oil, even one that goes beyond that of the salmon fish. If you are not sure about the daily dosage of omega 3 salmon oil, consult a dietitian or a health expert before buying any supplement product. Similarly, pregnant women and people with high blood pressure and high cholesterol levels should ask their doctor before taking supplements containing DHA and EPA fatty acids. Overdose of these substances has harmful side effects associated with it, which could become even more dangerous in the case of the above-mentioned patients.

## About the Author

An index of health care statistics provided by the National Center for Health.

Source: <http://productsherbal.com>