

JUST THE FACTS: **Omega-3s** and **Bleeding**

Concerns about omega-3s and bleeding are not supported in scientific literature.¹⁻⁵

Research has found that supplementation of EPA and DHA up to 5g does not increase bleeding risk.^{1,6}

A recent study found that people with more omega-3s in their blood before surgery were not at higher risk of bleeding during and after surgery.⁵

Less than 0.001% of adverse event reports from the U.S. FDA noted abnormal or prolonged bleeding associated with fish oil.⁶

Research also supports that omega-3s are cardioprotective. EPA and DHA omega-3s help:

- ♥ Reduce the risk of cardiac death⁷
- ♥ Reduce triglycerides⁸
- ♥ Reduce blood pressure⁹
- ♥ Allow blood to move freely by inhibiting clot formation without increasing the risk of bleeding⁴

The benefits of getting enough omega-3s on a daily basis far outweigh the risks of bleeding.

Aim for at least 500 mg EPA + DHA omega-3s per day by eating fatty fish or taking a supplement.



References:

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