

Concentrated Fish Oil 1000mg 60 Softgels

EAN: 033984017603 **FABRICANTE: SOLGAR**



Solgar's Concentrated Fish Oil is a food supplement rich in Omega 3 fatty acids, EPA and DHA that help maintain the heart and help maintain eye health.

DESCRIPTION

What is Solgar Fish Oil Concentrate and what is it used for?

Solgar's Concentrated Fish Oil is a food supplement that serves to reduce morning stiffness in people with rheumatoid arthritis. Likewise, Solgar's Concentrated Fish Oil lowers triglyceride levels in the blood.

What are the ingredients in Solgar Fish Oil Concentrate?

The ingredients of Solgar Fish Oil are:

- Concentrated fish oil (providing Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA)).
- Soft capsule: gelatin (from bovine)
- Vegetable Glycerin (from palm kernel oil and coconut oil);
- Antioxidant: mixed tocopherols (vitamin E).

What dosage should I take of Solgar Fish Oil Concentrate?

You should take one Solgar Fish Oil capsule daily with a glass of water and during a meal.

Can I take Solgar Fish Oil Concentrate if I am pregnant?

If you are pregnant you should consult your doctor before taking Solgar Fish Oil Concentrate.

Can I take Solgar Fish Oil Concentrate if I am breastfeeding?

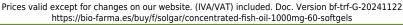
If you are breast-feeding, consult your doctor before taking Solgar Fish Oil Concentrate.

If I am going to undergo surgery, can I take Solgar Fish Oil Concentrate?

If you are about to have surgery, check with your doctor before taking Solgar Fish Oil Concentrate.

Does Solgar Fish Oil Concentrate have any side effects?







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Solgar Fish Oil Concentrate may cause minor side effects such as:

- fishy taste
- Bad breath
- · Heartburn, nausea, or diarrhea
- Rash

What medications can there be interactions with if I take Solgar Fish Oil?

Solgar Fish Oil Concentrate may interact with:

- **Anticoagulants and antiplatelets**. Fish oil supplements may increase the risk of bleeding. Blood pressure medications. Taking fish oil supplements might slightly lower blood pressure.
- Contraceptives. Some contraceptives might interfere with the effect of fish oil on triglycerides.
- Orlistat (Xenical, Alli). Taking fish oil with this weight loss medication might decrease the absorption of fatty acids from fish oil. Consider taking the supplement and medication two hours apart.
- Vitamin E. Taking fish oil can lower vitamin E levels.

