

## 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.

