

UNFILTERED *Nourishment*

Acne Supplements and Functional Foods Library

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Omega-3s

Mechanisms:

Aid in lowering triglycerides, inflammation (hs-CRP) and dampening cortisol response.

How to Use:

- Consumer Labs Reviews best omega-3 sources finds many to be rancid. (I have paid subscription and can't share due to Copywriting Laws)
- Omega-3s, when you get these from foods, there is less risk of oxidation. If you get them from supplements, ensure you choose a high quality source such as Nordic Naturals or Carlson Labs.
 - Recommended Brands in Fullscript: ProOmega-D Xtra, Carlson The Very Finest Fish Oil, Carlson Maximum Omega 2,000 or Nordic Naturals Ultimate Omega are my top choice for a higher dose
- Doses up to 3,000 mg/day (combined EPA/DHA) are generally considered safe by the Institute of Medicine; the European regulatory authorities have set the upper limit at 5,000 mg per day. Completing your yearly hs-CRP, MPO and omega-3:6 index can help up personalize your dose.
- Prenatal supplements tend to have more DHA than EPA (the two types of fatty acids in Omega-3s) due to the role in fetal brain development. Some prenats do not have enough in my opinion. Omega-3s You can add in additional omega-3s along with the prenatal to reach the bare minimum of 300 mg DHA needed in pregnancy if not getting it from seafood.
 - You can use this pregnancy calculator to calculate your omega-3 need in pregnancy if you complete a test. <https://omegaquant.com/prenatal-dha-calculator/>
 - Omega Quant test is \$55, you can also order in your Foundations Panel with Kelli

<https://pubmed.ncbi.nlm.nih.gov/20974414/>

<https://pubmed.ncbi.nlm.nih.gov/12909818/>