

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

Concerns about omega-3s and bleeding are not supported in scientific literature.<sup>1-6</sup>

Research has found that supplementation of EPA and DHA up to 5g does not increase bleeding risk.<sup>1, 6, 7</sup>

People with more omega-3s in their blood before surgery were not at higher risk of bleeding during and after surgery.<sup>5</sup>

Less than 0.001% of adverse event reports from the U.S. FDA noted abnormal or prolonged bleeding associated with fish oil.<sup>7</sup>

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

♥ Reduce the risk of cardiac death<sup>8,9</sup>

♥ Reduce triglycerides<sup>10</sup>

♥ Allow blood to move freely by inhibiting clot formation without increasing the risk of bleeding<sup>4</sup>

♥ Reduce blood pressure<sup>11</sup>

♥ Reduce the risk for myocardial infarction<sup>9</sup>

**The benefits of getting enough omega-3s far outweigh the clinically and statistically insignificant risks of bleeding.**

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



## References

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