

Pure Fish Oil Warnings and Contraindications

Dosage Ranges for Conditions

Condition	Dosage per day
Acne	
Asthma	1g EPA + 1g DHA
Asthma – exercise induced	17-26 8mg/kg EPA + 7.3-11.5mg/kg DHA
Atopy (maternal supplementation for prevention of)	4g fish oil (32% EPA, 23% DHA with tocopherol)
ADHD	2.4g fish oil + 600mg evening primrose oil (EPO)
Atopic dermatitis	6g fish oil (5.4g DHA)
Autism	5g fish oil
	1g EPA
Bipolar disorder	6.2g EPA + 2.4g DHA
CVD	1-10g fish oil (0.3-6g EPA + 0.6-3.7g DHA)
Dementia	4.32g DHA
	1g EPA or 9.6g fish oil
Depression	2-6.6g fish oil in combination with conventional drug therapy
Dry eye syndrome	750mg fish oil + 1000mg flaxseed oil
Dysmenorrhoea	1080mg EPA + 720mg DHA
Hypertension	4g fish oil (2.04g EPA + 1.4g DHA)
Hypertriglyceridaemia	1-4.6g fish oil
Obesity and insulin resistance	660mg EPA + 440mg DHA
Rheumatoid arthritis	3.8g EPA + 2g DHA



Recommended daily dose of omega-3 fatty acids²⁹

- Infants: 500mg
- Adults: 1100mg (women); 1600mg (men)
- Children: 700 -1200mg
- Pregnancy and lactation: 1300 - 1400mg (including 200mg DHA)

Contraindication:

Theoretically, some people who are allergic to seafood such as fish might also be allergic to fish oil supplements. There is no reliable information showing how likely people with seafood allergy are to have an allergic reaction to fish oil; and although our Pure Fish Oil is highly purified, those with extreme fish allergy (anaphylaxis) would be advised to avoid.

Caution:

Clinical trials have shown high-dose fish oil omega-3 fatty acid consumption to be safe, even when concurrently administered with other agents that may increase bleeding; i.e. antiplatelet or antithrombotic medications such as aspirin and warfarin. The clinical trial evidence suggests that if such an increased bleeding risk exists, the risk is very small and not of clinical significance.

For example, 6.8 g of EPA/DHA daily for 6 months showed no adverse effects

However, it is reasonable to monitor patients treated with fish oils and anticoagulants for potential bleeding adverse experiences.

Due to the anticoagulant properties of fish oils, there have been safety concerns in regards to the risk of increased bleeding tendency and postoperative bleeding.

Although this theoretical possibility is not reflected functionally in human studies it would still warrant caution in situations that carry a high risk of bleeding, such as hemorrhagic stroke and postoperative events.

To minimize the risk of exacerbation of these bleeding events it is recommended to:

- Discontinue use of fish oils during acute bleeding episodes, such as during and immediately after a hemorrhagic stroke, or in patients who are at high risk for hemorrhagic stroke.
- Discontinue use of fish oils 4-7 days before elective procedures that have a high risk for bleeding complications.

However, consider fish oil supplementation postoperatively if there are no bleeding complications, given that supplementation may reduce the risk of thrombotic and cardiovascular events that could occur following major surgery.

Very high doses of fish oil (>12g per day) should be used under medical supervision. Symptoms of hypomania can develop in patients taking fish oil who have bipolar disorder

Higher doses of fish oil might cause suppression of immune and inflammatory response. Immunocompromised patients (e.g. patients with HIV/AIDS) should avoid exceeding 3g/day.

Pregnancy and lactation:

Appropriate for use in pregnancy and lactation.