



Omega-3 Fatty Acids (DHA and EPA)

Support your heart, brain, and overall wellness with nature's essential fats

Overall Effectiveness: 8/10 Impact on Mitochondria: 8/10

Supplement Essentials	Usage Guidelines	Insights
<p>Benefits:</p> <ul style="list-style-type: none"> Supports cardiovascular health by reducing triglycerides and inflammation. Enhances cognitive function and supports brain development. Promotes joint health and reduces symptoms of arthritis. Contributes to eye health, particularly retinal function. Reduces risks of certain mental health disorders (e.g., depression, ADHD). <p>Recommended Dose:</p> <ul style="list-style-type: none"> Adults: 250–500 mg combined EPA and DHA daily (higher for specific conditions). Pregnant/Nursing: 700–1,000 mg daily, including at least 300 mg DHA. <p>Upper Limit:</p> <ul style="list-style-type: none"> Up to 3,000 mg daily is generally considered safe for most individuals. <p>Parts of the Human Anatomy That Benefit:</p> <ul style="list-style-type: none"> Heart Brain Joints Eyes 	<p>Time of Day to Take:</p> <ul style="list-style-type: none"> Morning or evening; consistency is key. <p>With or Without Food:</p> <ul style="list-style-type: none"> Best taken with meals, particularly those containing fat, for improved absorption. <p>Solubility:</p> <ul style="list-style-type: none"> Fat-soluble. <p>Bioavailability:</p> <ul style="list-style-type: none"> Highly bioavailable in triglyceride or phospholipid form; look for high-quality supplements. <p>Interactions & Contraindications:</p> <ul style="list-style-type: none"> May interact with blood-thinning medications (e.g., warfarin). Use cautiously if allergic to fish or shellfish; consider algae-based alternatives. 	<p>Target Audience:</p> <ul style="list-style-type: none"> Individuals with heart health concerns, cognitive issues, inflammatory conditions, or joint issues. Pregnant or nursing women for fetal development. <p>Side Effects:</p> <ul style="list-style-type: none"> Potential for mild gastrointestinal discomfort (burping or fishy aftertaste). Rare cases of excessive bleeding with very high doses. <p>Duration of Use:</p> <ul style="list-style-type: none"> Safe for long-term use; can be taken daily. <p>Availability:</p> <ul style="list-style-type: none"> Widely available in capsules, liquids, and fortified foods. <p>Flavor or Texture:</p> <ul style="list-style-type: none"> Capsules minimize taste; liquid forms may have a fishy flavor. Flavored or enteric-coated options are available.
<p>Scientific Evidence:</p> <ul style="list-style-type: none"> Overwhelming support for cardiovascular and cognitive benefits, backed by large-scale studies. <p>Sustainability and Ethics:</p> <ul style="list-style-type: none"> Look for certifications like MSC (Marine Stewardship Council) for sustainable sourcing. Algae-based omega-3 is a vegan-friendly option. <p>Recent Research and Trends:</p> <ul style="list-style-type: none"> Emerging evidence links DHA and EPA to improved gut health and microbiome diversity. Growing interest in algae-based supplements as a sustainable alternative. 		

Disclaimer: Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).