



FACT SHEET



Product:	Omega 3 MAX
Suitable for:	May help to lift mood in people suffering from anxiety and depression.
Ingredients:	1000mg fish oil providing: 180mg EPA and 120mg DHA Glycerol Gelatin Purified water
Recommended dose:	For adults only – take 1 tablet a day. No not exceed the stated dose.
Contraindications:	Never stop taking prescribed medications without the advise of your healthcare provider.
Documented side effects:	Belching, nausea and bad breath have been reported with some fish oil supplements.
Drug interactions:	Cyclosporine and statins may interact with fish oils.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Su KP, Huang SY, Chiu CC, Shen WW. Omega-3 fatty acids in major depressive disorder. A preliminary double-blind, placebo-controlled trial. *Eur Neuropsychopharmacol*. 2003 Aug;13(4):267-71.

Naliwaiko K, Araújo RL, da Fonseca RV, Castilho JC, Andreatini R, Bellissimo MI, Oliveira BH, Martins EF, Curi R, Fernandes LC, Ferraz AC. Effects of fish oil on the central nervous system: a new potential antidepressant? *Nutr Neurosci*. 2004 Apr;7(2):91-9.

Yehuda S, Rabinovitz S, Mostofsky DI. Mixture of essential fatty acids lowers test anxiety. *Nutr Neurosci*. 2005 Aug;8(4):265-7.

Nemets B, Stahl Z, Belmaker RH. Addition of omega-3 fatty acid to maintenance medication treatment for recurrent unipolar depressive disorder. *Am J Psychiatry*. 2002 Mar;159(3):477-9.

Peet M, Murphy B, Shay J, Horrobin D. Depletion of omega-3 fatty acid levels in red blood cell membranes of depressive patients. *Biol Psychiatry* 1998;43:315-9.

Maes M, Christophe A, Delanghe J, et al. Lowered omega 3 polyunsaturated fatty acids in serum phospholipids and cholesteryl esters of depressed patients. *Psychiatry Res* 1999;85:275-91.