I hear a lot about fish oil and was wondering what are the benefits of taking these fish oil pills and are they worth buying?

This is a great question as purchasing supplements in any form can be quite confusing. While I am generally a supporter of getting one’s nutrients through the food he or she eats, the evidence surrounding the benefits of taking fish oil is difficult to argue with. Before we get too far, it is important that we lay down some background information. The human body needs fat in order to function properly. There are two main groups of fat that break down further into smaller groups—picture it as a sort of tree that branches off into smaller branches. The trunk would represent fat as a main category that branches off into two large groups: monounsaturated fats and polyunsaturated fats. The polyunsaturated fats tree branch further sections off into omega-3 fatty acids and omega-6 fatty acids.

Science has found overwhelming evidence to support the claim that polyunsaturated fats, especially omega-3 fatty acids, have much needed benefits to our overall health. This brings us back to fish oil which is a rich and concentrated source of these omega-3 fatty acids (1). Omega-3 fatty acids provide numerous and remarkable benefits to the human body especially in regards to heart health. In fact, consuming fish oil is shown to reduce an individual’s risk of heart disease and any complications that may arise as a result, such as sudden death, heart death, and heart attack (1). When taken regularly, fish oil can also reduce the amount of fat found in the blood and work to lower high blood pressure (1). Taking all of these benefits into account, and considering its incredibly low chance for harmful effects, I have to stray from my usual way of thinking and say that, in my opinion, fish oil is well worth the money.

References

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