

# OMEGA 3 SALMON OIL 1000mg Soft Gel Capsules

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Generic Name: Omega-3 marine triglycerides

## Consumer Information

January 2019

### What is in this leaflet

This leaflet answers some of the common questions consumers and practitioners ask about Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules*. The leaflet provides general information about Omega-3 marine triglycerides, the key ingredients contained in the Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules*.

### Overview: What are Omega-3 marine triglycerides

Omega-3 marine triglycerides are a family of "essential fats" that cannot be synthesised in our body. We must obtain them from our diet. Eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) are called marine triglycerides and are found in fish and other seafoods. For people who do not eat adequate amounts of these foods, an omega-3 supplement may be recommended.

### Product description

Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules* contains the following active ingredients:

Omega-3 marine triglycerides 300mg  
Eicosapentaenoic acid 180mg  
Docosahexaenoic acid 120mg

Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules* are soya free, dairy free, GMO free, contains gelatin.

### What Kingsway Nutraceuticals Omega 3 Salmon Oil 1000mg Soft Gel Capsules is for

Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules* are an approved listed medicine for the following indications:

**Maintains and supports** cardiovascular system health, nervous system function, and general health and wellbeing

**Decreases, reduces and relieves** mild joint inflammation and swelling

### Before you use Kingsway Nutraceuticals Omega 3 Salmon Oil 1000mg Soft Gel Capsules

#### Interactions

Omega-3 marine triglycerides, the key ingredients contained in Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules* have blood thinning effects and may interact with other medicines such as anticoagulant medication e.g. Warfarin.

#### Nutritional considerations

Additional anti-oxidant support including vitamin E, C, Zinc and N-Acetylcysteine may need to be considered.

### Using Kingsway Nutraceuticals Omega 3 Salmon Oil 1000mg Soft Gel Capsules

#### Directions of use

Take one capsule three times daily with food, or as directed by your healthcare professional or as professionally prescribed. If symptoms persist, seek the advice of a healthcare professional.

#### Storage

Store away from direct heat and sunlight. Store below 25 degree.

#### Side effects

Omega-3 marine triglycerides are fairly well tolerated. Mild gastrointestinal discomfort may occur including reflux, heartburn, diarrhoea, nausea, fishy aftertaste.

**To see if Kingsway Nutraceuticals *Omega 3 Salmon Oil 1000mg Soft Gel Capsules* are right for your individual needs speak with your pharmacist or healthcare professional.**

#### Additional resources

##### Publications

Australians are not Meeting the Recommended Intakes for Omega-3 Long Chain Polyunsaturated Fatty Acids: *Results of an Analysis from the 2011-2012 National Nutrition and Physical Activity Survey*. *Nutrients*. 2016; 8 (3): 111

Lord R, Bralley A. *Polyunsaturated Fatty Acid Induced Anti-Oxidant Insufficiency*. *Integrative Medicine*. 2003; Vol 1: 1

##### Heart Foundation

[www.heartfoundation.org.au/images/uploads/main/Programs/Sources\\_of\\_omega\\_3.pdf](http://www.heartfoundation.org.au/images/uploads/main/Programs/Sources_of_omega_3.pdf)

##### Food Standards Australia

*Long chain Omega-3 fatty acids and cardiovascular disease*  
[www.foodstandards.gov.au/consumer/labelling/nutrition/documents/FSANZ%20consideration%20of%20omega-3%20review1.pdf](http://www.foodstandards.gov.au/consumer/labelling/nutrition/documents/FSANZ%20consideration%20of%20omega-3%20review1.pdf)

##### NPS Medicinewise

[www.nps.org.au/news/fish-oil-supplements-do-they-have-a-role-in-the-management-of-rheumatoid-arthritis](http://www.nps.org.au/news/fish-oil-supplements-do-they-have-a-role-in-the-management-of-rheumatoid-arthritis)

##### Facilities

##### Kingsway Nutraceuticals

Supplier of manufactured medicines, in accordance with GMP guidelines under the *Australian Government, Department of Health, Therapeutic Goods Administration*.  
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