

Nutritional claims of omega-3

[Health & Medicine](#)



Supplement: Omega-3 Link: <http://www.webmd.com/hypertension-high-blood-pressure/guide/omega-3-fish-oil-supplements-for-high-blood-pressure>

Nutritional Claims of Omega-3

1. The nutritional claims of Omega-3 Fish Oil Supplements make sense in terms of their health benefits. Fatty acids from some fish are beneficial in reducing susceptibility to hypertension, as well as protecting people from heart attacks. They also slow plaque development in blood arteries.
2. These claims are believable, taking into account the many health benefits associated with fish products.
3. Yes, it does. People might tend to rely on this supplement instead of going for specialized hospital treatment.
4. This article is from a reliable medical source called WebMD and has been reviewed by peers.
5. WebMD is not in the business of selling nutritional supplements, or any other services at all.
6. The information provided on Omega-3 supplements is neither based on a person's personal experience nor their opinion. Instead, it is as a result of research conducted by a group of professionals and reviewed as well.
7. I tend to believe this article and the information it provides.
8. The science behind this article is relatively good but recommends contacting a doctor before depending on the supplement as a solution to cardiovascular complications.
9. The study is controlled in that the conclusions are drawn from the comparison of the health of people using Omega-3 and those not using it as a dietary supplement.
10. The participants and researchers were both aware of the usage of <https://assignbuster.com/nutritional-claims-of-omega-3/>

Omega-3 as a supplement intended to counter heart diseases and cardiac arrest.

11. The information derived by the American Heart Association was not fully interpreted correctly because some doubts still linger on whether Omega-3 is effective.

12. This information has been used and believed for several years, even with doubts surrounding the supplement.

13, 14. Many studies have been done on Omega-3, and various varied, and similar claims have been made.

Works cited

" Omega-3 Fish Oil Supplements: Benefits, Side Effects, and Uses." WebMD. WebMD. Web. 25 Sept. 2015.