

## Technique for taking bottled fish oil

A barrier to the implementation of fish oil treatment for inflammatory diseases has been the high cost and inconvenience of taking fish oil capsules in sufficient number to achieve an anti-inflammatory effect. For example, 10 or more standard fish oil capsules daily are needed to achieve an anti-inflammatory dose. By taking fish oil on juice, an anti-inflammatory dose can be taken easily in a single swallow. The following method is recommended to avoid the taste of fish oil and to prevent "repeating" of the fish taste.

- ◆ Pour ~ 40ml juice into a small glass (eg. a 'shot' or sherry glass)
- ◆ Pour ~ 30ml of juice into another small glass. Using one hand, layer the desired dose of fish oil (e.g. 15ml) onto the surface – **do not stir**.
- ◆ Using this hand, take up the glass with the juice and oil and swallow contents in a single gulp. Try to avoid contact of the contents with the lips (where the oil can be tasted).
- ◆ Immediately follow with juice from the other glass. Hold this glass in the other hand (to avoid smelling the fish oil) and sip slowly through the lips (to mask the taste of any oil on the lips.)
- ◆ Choose any juice, e.g. orange, tomato, vegetable and apple juice are OK. Cordial or any other strongly flavoured drink can also be used. **Avoid carbonated beverages**, which because of their gaseous content, cause burping and "repeating" of the fish taste.
- ◆ Take the fish oil immediately before a solid meal and without further fluid. This avoids floating of the oil on fluid in the stomach and favours mixing of the fish oil with food and passage from the stomach into the intestine. If reflux (repeating taste) becomes a problem, split the dose before morning and evening meals. Alternatively, take the dose then lie on the left side for at least 15 minutes. In this position the oil floats into the passage from the stomach to the small intestine.
- ◆ Fish oil (obtained from the body of the fish) is preferable to cod liver oil, which can deliver undesirable amounts of vitamin A at anti-inflammatory doses. **Bottled omega-3 fish oil is available through the Preventive Care Centre, Main Foyer, Royal Adelaide Hospital, North Terrace, Adelaide SA 5000. Telephone 8222 5219 or 8222 2748. Fax 8222 2752.**
- ◆ Bottled fish oil should be kept refrigerated after opening, preferably on a small saucer or butter dish, as some oil may run down the side of the bottle after pouring.
- ◆ In the refrigerator, a cloud generally forms toward the bottom of the bottle, due to crystallisation of less saturated fats within the oil. These tend to settle to the bottom of the bottle. They do not reduce the concentration of desired omega-3 fats significantly. **Do not shake the bottle** – some sediment can be discarded when the bottle is almost empty. To maximise use of contents, leave unrefrigerated when bottle almost spent.