

OMEGA-3 FATTY ACIDS (Fish Oil) Side Effects:

Most common: Well tolerated up to 4 g/day. Nausea, loose stools, fishy aftertaste.

Serious but rare: Caution in those who are allergic to seafood. Increased risk of bleeding, particularly at higher doses.

Pregnancy: Category C. Risk cannot be ruled out.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like Drugs.com.