

Omega 3 What's the Difference Between Cod Liver Oil and Fish Oil? These omega-3 fatty acids are the "good oils" that everyone needs to include in their diet. Some plant sources (such as nuts, seeds, and vegetable oil) contain another kind of omega-3 fatty acid, called alpha-linolenic acid (ALA). This hasn't been proven to be as beneficial as the fatty acids from fish oils. If you don't eat two to three servings of (nonfried) fish per week, you may benefit from taking fish oil or cod liver oil supplements. Where do fish oil and cod liver oil come from? Fish oil is usually extracted from the flesh of fatty fish like: herring tuna anchovies mackerel salmon Cod liver oil, as the name implies, comes from the livers of codfishes. Atlantic cod and Pacific cod are most commonly used to make cod liver oil. The fish get their omega-3 fatty acids by eating phytoplankton, which absorb microalgae. Microalgae is the original source of rich omega-3 fatty acids. Benefits of cod liver oil Cod liver oil contains high levels of EPA and DHA as well as vitamins A and D. Many of the benefits of cod liver oil are from its powerful anti-inflammatory properties. The unique strengths of cod liver oil versus fish oil are likely due to the presence of vitamins A and D Cod liver oil may help: lower inflammation all over the body reduce pain associated with arthritis reduce anxiety and depression Trusted . promote healthy fetal brain and eyesight maintain bone density . Lower Source of type 1 diabetes when used in pregnancy and in newborns Support a healthy immune system. Prevent upper respiratory illness. Lower triglycerides in blood lower blood pressure. Slightly increase HDL the "good cholesterol" Prevent plaque build-up Source in arteries. Fish oil may cause: trouble with blood clotting or nosebleeds nausea loose stool rash indigestion and fish-tasting burps reduced vitamin E levels interactions with contraceptive medication, weight loss drugs containing orlistat, and blood medications ADVERTISEMENT Get Answers from a Doctor in Minutes, Anytime Have medical questions? Cod liver oil may: cause belching cause nosebleeds cause heartburn make blood thinner contain unhealthy levels of vitamins A and D, although this is still debated Don't take cod liver oil if you're pregnant. There's no standard recommended dosage of EPA or DHA, so you can determine the right dose for you by talking with your doctor, reading supplement bottle labels, and comparing the EPA and DHA levels to what you might get if you ate a whole fish. Fish oil is especially helpful in areas of: heart health mental health inflammatory ailments pregnancy breastfeeding Fish oil may help: support healthy brain development and function Prevent mental health disorders Trusted Source for those at risk and reduce symptoms of schizophrenia Trusted and bipolar disorder. HEALTHLINE NEWSLETTERS Get our weekly Heart Health email To help you take good care of your heart, we'll send you guidance on managing high blood pressure, cholesterol, nutrition, and more. For example: 3 ounces of wild Atlantic salmon, cooked, has 1.22 grams of DHA and 0.35 grams of EPA 3 ounces of Pacific cod, cooked, has 0.10 grams of DHA and 0.04 grams of EPA When it comes to supplements, more of a good thing isn't always better. Reduce waist circumference Reduce inflammation Trusted Source and pain associated with rheumatoid arthritis support skin health. Both oils deliver the benefits from omega-3 fatty acids, but cod liver oil has the added vitamins A and D. If you want those extra vitamins, you can take just cod liver oil. Medically reviewed by Katherine p, LDN, RD on March 12, 2018 -- Cod liver oil and fish oil are different health supplements. They come from differentb! fish sources and have unique benefits