

N.B. To give to your pharmacist or doctor.

BASE Omega-3 - PRECAUTIONS

Side effects:

Taken orally, omega-3s are generally very well tolerated. However, at higher doses (more than 3g/day), some people have reported heartburn, nausea, diarrhea, headache, belching, bad taste in the mouth, and bleeding from nose. *This list is not exhaustive, as it presents the most frequent and relevant side effects.*

Contraindications

We recommend discontinuing omega-3 intake (including dietary fish oil consumption) at least one (1) week prior to elective surgery. In patients suffering from hypercalcemia or hyperphosphatemia, large doses of Vitamin D3 should be avoided since it would increase intestinal absorption and renal reabsorption of these 2 elements. For those already allergic to fish, seafood or shellfish, caution is required, as there is a risk of an allergic reaction. At high doses, there would be a risk of arrhythmias by increasing the risk of atrial fibrillation or flutter.

Interactions

Although we consider this risk to be minimal, in theory, omega-3s could increase bleeding time, thus there is a risk of bleeding or hemorrhage. Consequently, in patients using oral anticoagulants, INR monitoring would be recommended when initiating and stopping treatment. Omega-3s are also said to have a slight antihypertensive effect, so in patients taking antihypertensives, blood pressure may drop slightly. Watch for signs of fatigue, low blood pressure, or headaches following the initiation of omega-3 intake. Taking fish oils with the medication Cyclosporine (Neoral, Sandimmune) could cause an increase in side effects from cyclosporine.

If you are taking prescription medication, and you have any doubts, check with your pharmacist if they are compatible with this product (Omega-3) before consuming.

Pregnancy and breastfeeding

Recent studies would show that the use of omega-3 dietary supplements would have beneficial effects in pregnancy, as long as it serves to further achieve an adequate nutritional intake, therefore according to the patient's diet.

There are no contraindications during breastfeeding (*8)

Caution

If you are taking prescription medication and have any doubts, check with your pharmacist if they are compatible with the BASE Omega-3 product before consuming it.

It is always possible that hypersensitivity (e.g., allergy) to one of the ingredients of the preparation may occur. In such a case it is recommended to discontinue use and consult a healthcare professional if serious allergy symptoms persist.

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References:

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- 4.-Santé Canada, Base de données des produits de santé naturels**
- 5.-Facts and Comparisons, The Lawrence review of natural products, 1998**
- 6.-Vigilance Clinique**
- *7- La consommation d’acides gras oméga-3 dans le contexte OLO: la position du comité scientifique**
<https://fondationolo.ca/wp-content/uploads/2014/09/2012-05-11positioncomitescientifiqueoloomega3.pdf>
- *8-Brigitte Martin, Mélissa Perreault et Isabelle Thériault-Dubé. Les oméga-3 en périnatalogie.**
Profession sante. http://www.professionsante.ca/files/2010/02/QPharmacie_de_la_mere_juillet07.pdf
- 9-Handbook of nonprescription Drugs**
- 10-Grosesse et allaitement-Guide thérapeutique (CHU Ste-Justine)**