**When's the best time to take Omega 3 pills?**

Tell the Truth now, you (and I) probably many veterans are taking over the counter supplements to add omega 3 fatty acids to deal with aging joints and other problems with our joints. But what you (and I) have not told about is the fact that there are optimum times and situations to take your omega 3 pills.

The answer is simple. We should all be taking our omega-3 fatty acids when you are eating a meal high in healthy fats. This helps the absorption of the omega-3 so that our bodies will benefit from the supplement.

Of course, before anyone decides to take any supplement, coordination with your doctor is the wisest thing to do. Your doctor knows medicines better than their patients, and can also provide advice which will take into consideration, your other supplements and medications.

Don't start taking any supplement without your doctor's knowledge. Even though many of us are taking all kinds of pills that are not known to our doctor's, you and I, should not be doing so- at our own risk.

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**SOURCE:**

**This Is The Most Effective Time Of Day To Take Omega-3**

**BY VINCENT MADRONE/APRIL 22, 2022 10:23 AM EDT**

Chances are you have already heard a lot about omega-3 fatty acids. These essential fats are linked to a wide variety of important health benefits including heart and cardiovascular protection, improvements in the functioning of the brain and eyes, mental health support for conditions like depression and Alzheimer's, and infant development (via SciTechDaily). Top dietary sources include flaxseed oil, chia seeds, walnuts, salmon, herring, and sardines (per the National Institutes of Health).

While omega-3 fatty acids are found in several dietary sources, it may still be hard to get enough, especially if you're not a big fan of fish. That's where supplementation can help boost your daily intakes. In addition to ensuring you're taking the right amounts, research also suggests there may be an optimal time to pop your omega-3 supplement in order to better absorb the fatty acids. Interestingly, it all has to do with the timing of your meals and what those meal components are made of.

How to better absorb your omega-3's

Science suggests that omega-3 fatty acids should be taken at a time of day when you are eating a meal high in healthy fats. This is due to the fact that fat has been shown to help with omega-3 fatty acid assimilation and bioavailability, meaning your body will have an easier time absorbing the omega-3 fatty acids (via Healthline).

A 2019 study published in the journal Current Opinion in Clinical Nutrition and Metabolic Care supported this theory and found within their studies that eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two beneficial long-chain omega-3 fatty acids, had "markedly improved" bioavailability when consumed with a meal containing fat.

Besides taking omega-3 supplements with a meal rich in healthy dietary fat, another key to getting the best results from this supplement may be to consume it over a long period of time, according to Healthline. Before adding any supplement to your diet, it's best to check with your doctor to ensure it won't interact with your current medications and that you're taking the right dosage. General dosage guidelines set forth by the National Institute of Health (NIH) vary based on a person's sex, age, and pregnancy status.