

Know what supplements
improve **your specific**
PCOS symptoms.



TAKE THE QUIZ

BENEFITS OF OMEGA-3 FATS FOR PCOS

By Angela on November 4, 2019 under [PCOS Diet](#), [PCOS Supplements](#), [PCOS Treatment](#)

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This article discusses the benefits of Omega-3 Fats for PCOS.

Omega 3 fats are effective at improving many aspects of PCOS including triglycerides and [mood](#), and help to support a [healthy pregnancy](#). New research shows omega-3 fats can even boost fertility in those with PCOS. Here's what to know about the many benefits of omega-3 fats for PCOS.



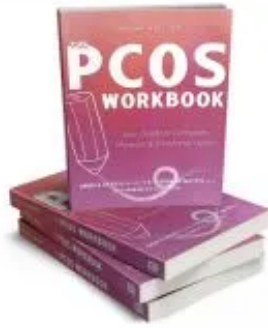
Types of Omega-3 Fats

There are three different types of omega-3 fats: Alpha-linolenic acid (ALA) are plant based omega-3s found in [avocados](#); nuts like [walnuts](#) and almonds; seeds like hemp, chia, and flax, and oils like olive and avocado oil.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are omega-3 fats found in [egg yolks](#) and fatty or “oily” cold water fish such as [salmon](#), tuna, trout, and halibut. Few other fish are rich in omega-3s.

Omega-3 fats are essential for people with PCOS, as they provide numerous health benefits. Omega-3 fats are linked to improving triglycerides and insulin levels, lowering inflammation and blood pressure, and even providing better hair and skin quality and improving your [mood](#). DHA is particularly important during [pregnancy](#), as it aids in the baby's brain development.

Despite the benefits of omega-3 fatty acids for PCOS, most Americans don't consume enough of them.



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Omega-3's Benefit Fertility

Exciting new research from the American Society of Reproductive Medicine's Scientific Congress showed omega-3s are beneficial for improving [fertility](#) and chances of conceiving in PCOS women. [Previous research](#) that looked at 18,000 nurses from the Nurses Health Study showed that omega-3 intake was associated with better fertility.

Other Benefits of Omega-3 Fats for PCOS:

- Lowers triglycerides
- Improves [mood](#)
- Reduces inflammation
- Improves [non-alcoholic fatty liver disease](#)
- Improves [egg quality and ovulation](#)
- Lowers androgens
- Supports a [healthy pregnancy](#)
- Helps relieve [dry eyes](#)

Food Sources of Omega-3 Fats

Fish oil is the best way to get in omega-3 fats. This is because only a small percentage of omega-3 foods containing ALA, like nuts and seeds, are converted into DHA and EPA in the body.

Nutrition guidelines recommend we consume cold-water or fatty fish two times per week to reap the benefits of omega-3 fatty acids. Salmon, halibut, tuna, and trout are the best sources of omega-3s. Even if you eat these types of fish twice a week or more, you may consider taking a fish oil supplement.

A fish oil supplement is a concentrated mix of different omega-3 fatty acids, mostly EPA and DHA found in certain types of fish.

If you're vegetarian or vegan, look for an omega-3 supplement with ALA.



High quality fish oil with Vitamin D



Are There Safety Concerns for Taking Fish Oil?

Talk to your physician before taking [fish oil supplements](#), especially if you take blood-thinning medications. Side effects are minimal but may include heartburn and burping. Freezing fish oil capsules can decrease these effects. You shouldn't taste fish if you take a [pharmaceutical-grade fish oil supplement](#).

How Much Fish Oil Should I Take?

You can purchase fish oil in a gel capsule or a liquid form. People with PCOS should take one gram (1,000 mg) to 4 grams (4,000 mg) daily of a combination of EPA and DHA.



Angela Grassi, MS, RDN, LDN, is the founder of The PCOS Nutrition Center, for which she provides evidence-based nutrition information and coaching to women with PCOS. Angela is the author of several books on PCOS, including *PCOS: The Dietitian's Guide*, *The PCOS Workbook: Your Guide to Complete Physical and Emotional Health*, and *The PCOS Nutrition Center Cookbook*. Angela is the past recipient of The Outstanding Nutrition Entrepreneur Award, The Award in Excellence in Practice in Women's Health, and The Award for Excellence in Graduate Research, from the Academy of Nutrition and Dietetics. Having

PCOS herself, Angela has been dedicated to advocacy, education, and research of the syndrome. Click [here](#) to schedule a session with Angela to learn more about how nutrition coaching for PCOS can help you!

Resources

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