

Lucian: Alexander, The Oracle-Monger

Post by “kochiekoch” of August 27, 2024 at 12:24 PM

I take a large fish oil capsule every day. I think it DOES help, although the placebo effect is strong in them! 😊

I once had a bottle of fish oil with a ruptured capsule. It was the most horrible smell in the world! These capsules are organic, and decay if breached.

I took it back and exchanged and told them DO NOT OPEN THE BOTTLE! 😊