

Lucian: Alexander, The Oracle-Monger

Post by "Godfrey" of August 27, 2024 at 6:20 PM

Yesterday I was told by my cardiologist that the latest recommendation is to *not* take fish oil supplements as they may cause arrhythmias. So I've stopped for a few months until my next follow up and we'll see what happens. I've been taking liquid fish oil for years, it seems to keep triglycerides quite low, among other benefits.