



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Fish Oil

Fish oil is used as a general anti-inflammatory agent as well as an anti-microbial agent (in high dosage).

Directions:

Take 1-4 (500mg) pills (as directed by physician) twice a day. To keep from developing fishy smelling breath or to prevent the pills from repeating on you, take the pills at the beginning of meals. You can also refrigerate the pills to keep smell and taste to a minimum.