

## Fish Oil Supplement

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### Question

I Want to start giving my son fish oil, but don't how. Is there fish oil for children? The only one I saw at the pharmacy was for adults and how many milligrams (mg)? He is 29 months old. I appreciate any information about this.

### Answer

1) Coromega makes a fish oil for kids - available in Lemon Lime and Orange. I have heard some of our parents say the kids like it. I have attached a link to the Coromega website. Calories are 20 kcals/packet, 850mg fish oil. There is a \$5 printable coupon also available online. The company is pretty reputable.

How much to give is the bigger question.

I would try 1 packet every 2-3 days for starters and see how the Coromega sits with him.

[http://www.coromega.com/coromega/html/product\\_childsqueeze.html](http://www.coromega.com/coromega/html/product_childsqueeze.html)

This is just a suggestion. Definitely let his Pediatrician know if you put him on fish oil.

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### Answer

2) There are a few things I would add. We typically recommend starting the fish oil when the child is over 1 year of age and on milk rather than formula or breast milk or if they are 6-12 months of age and taking less than 20 oz per day of formula or breast milk, because both formula and breast milk contain the essential fatty acids found in fish oil supplements.

Coromega has a product that is a mixture of fish oil and CoQ10 which a lot of parents like because that way they only have to give the one packet and not both fish oil and CoQ10 (the less meds they have to give, the better). It is called "Coromega Healthy Heart" and is the same price as the regular Coromega. Coromega is palatable for most children and easy to mix with yogurt or applesauce if the child doesn't like the taste of the product alone.

Many families like the Nordic Naturals brand of fish oil and they have an infant formulation. The website for Nordic Naturals is [www.nordicnaturals.com](http://www.nordicnaturals.com). Also, both Nordic Naturals and Coromega will send parents samples to try before they order a big supply so they can make sure the kids will tolerate the product – parents just have to call the company (phone numbers are available on the websites) and ask. Lastly, there is a prescription grade fish oil (Lovaza) that some parents like because some prescription drug plans will cover the cost of it. It is a capsule, but the parent can puncture it and put it with yogurt or something. If the insurance won't cover the cost, it is definitely not worth spending the money for as it is much more expensive than Coromega or Nordic Naturals, but if it is covered then it is worth it for some families.