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## **5 Things to Know About Fish Oil Supplements**

- 18.8 million adults take them
- They reduce deaths from coronary heart disease by 10 percent
- In people with heart failure, they reduce deaths and hospitalizations by 9 percent
- Evidence is lacking that they prevent heart disease or stroke in the general population
- Most experts do not recommend them for people at high risk for heart disease or stroke

*Source: Circulation*