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Will EFAs interfere with my medical condition or medications I'm taking?

Check with your healthcare professional since EFAs can normalize (thin) blood viscosity. Those who are using pharmaceutical blood thinners may be required to change their medication levels or may be contraindicated entirely - people taking blood thinners should always consult with their medical physician before taking fish oil. Also, those taking high doses of aspirin or anticipating surgery should also consult the advice of a healthcare professional.