

# Is There A Link Between Fish oil and Gout?

**O**h my aching big toe", seems to be the battle cry these days for many of those who have added that extra serving of sardines, lakes trout, and herring to their diets in order to achieve better cardiovascular health. In fact, in a recent published study consisting of 47,150 men those who eaten probably the most fatty meat and seafood were 50 percent more likely to be victimized by painful **gout** that those who shied away from all of these culinary temptations. So obviously there seems to be some link between our finned ocean and body of water faring friends and the painful **uric acid** driven joint condition known as gout.



Gout itself is thought to be caused by a substance found in a variety of foods known as **purines**. But not almost all high purine foods are created equal. For example beans, cauliflower, spinach, peas, chicken, grains, fruits, and vegetables are high in purines but there is no evidence linking them to gout.

On the other hand oily meats, rich foods, shellfish, anchovies, sardines, mackerel, and alcoholic beverages, including beer are some of the principal offenders.

## What Will All this Have to Do With the Link Between Gout and Fish Oil?

Well I'm glad you asked! If you have a bottle of fish oil handy this would be a good time to read the label to be able to determine what the ingredients are. I think once you put on your reading glasses and are able to read the small print you will likely see anchovies and sardines listed as the two main ingredients. There might be a little mackerel thrown in just for show but you get the picture.

So with mackerel and sardines both being linked to gout, and these two plentiful fish being the main ingredient in most fish nutritional oil supplements, it doesn't take a private investigator in order to connect the dots. Or does it?

- Surprisingly, it might.
- But before you open your browser to be able to do a search for Magnum P.I. you should read the rest of this article.



GoutPurinesUric AcidGout GoutUric

## The Tails and Also Fins of the Story

You're consuming fish oil that was extracted with the old grape stomping regimen enthusiastically carry out by you and your close friends after a long night of partying then there is a good chance that the particular purines inside your fish oil will hit an individual right where this hurts; in the joint of the big toe. On the other hand if you purchases a high quality fish oil supplement which has undergone molecular purification then you are home free because this process removes the purines along with the mercury, Printed circuit boards, and other toxins.

## Are Molecularly Pure Fish Oils Expensive and/or Difficult to Find?

The molecular purification method has become fairly mainstream these days as well as the changes are pretty good you can find an outstanding product at an affordable price. Nevertheless, when focusing on fish oil as well as gout it never hurts to be on the safe side by selecting products that use premium quality seafood instead of sardines and anchovies. The supplement I have been using in recent months to promote heart and artery health consists of tuna and hoki and is sold under the Xtend Life brand. The price is actually mid range, running about \$16, with the product regarded as best in class by many of those who spend their time learning those kinds of things.

Rob Hawkins is an enthusiastic consumer recommend for natural health and natural living with over A decade experience in the field.

To learn more about fish oil along with important information about fish oil supplements

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