

Published based on [The Fish Oil Weight Loss Link. Using Fish Oil To Improve Your Weight Loss Outcome.](#)

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There is a wide range of benefits from increasing your intake of omega 3 essential fatty acids found in fish oil. Weight loss, it seems, is now also one of those [fish oil benefits](#). It now seems that using omega 3 supplements for weight loss is a viable strategy as part of a complete campaign to lose weight.

Whilst a number of studies have confirmed this [fish oil weight loss](#) is still not fully understood why using omega 3 for weight loss works.

There's a number of theories about the reasons for the observed weight loss. Omega 3 essential fatty acids are well known to improve one's positive outlook on life and to reduce depression and for this reason many people use omega 3 supplements for depression.

It is suspected this improvement in positive outlook helps people maintain a weight loss program when the going gets tough and this is one reason why using fish oil supplements for weight loss seems to work.

A second theory suggests that a higher intake of Omega3 fats helps the body burn calories faster.

And a third theory suggests that by increasing the intake of Omega 3 fatty acids people have an increased feeling of "fullness" thereby helping them reduce their intake of food.

But there is no doubt from the studies that people who are overweight have lower levels of Omega 3 essential fatty acids in their bodies than people who are of normal weight. Estimates are that somewhere around 90 percent of people in the US are deficient in Omega 3 fatty acids.

Whilst using fish oil for weight loss is not a strategy that will produce significant weight loss on its own, when combined with a controlled diet and exercise is now known that it is very likely to significantly improve your weight loss result.

The best way to get your Omega 3 essential fatty acids is using fish oil supplements. Using fish oil supplements for weight loss seems now to be a part of any successful campaign to lose weight, when combined with a controlled diet and exercise.

Remember though that there are big differences between all the different [omega 3 fish oil supplements](#) available on the market and it isn't easy to determine which Omega 3 capsules are the most effective or which represent the best value. Visit my website to find the answer to this question.