

Omega-3 Fatty Acid Compounds and Fish Oils Supplements Guidance

NHS England recommends:

GPs not initiate Omega-3 fatty acid compounds and fish oils supplements and use this guide to consider deprescribing

Further information:

[PrescQIPP Omega-3 fatty acid compounds and other fish oils bulletin](#) (login required – free access)

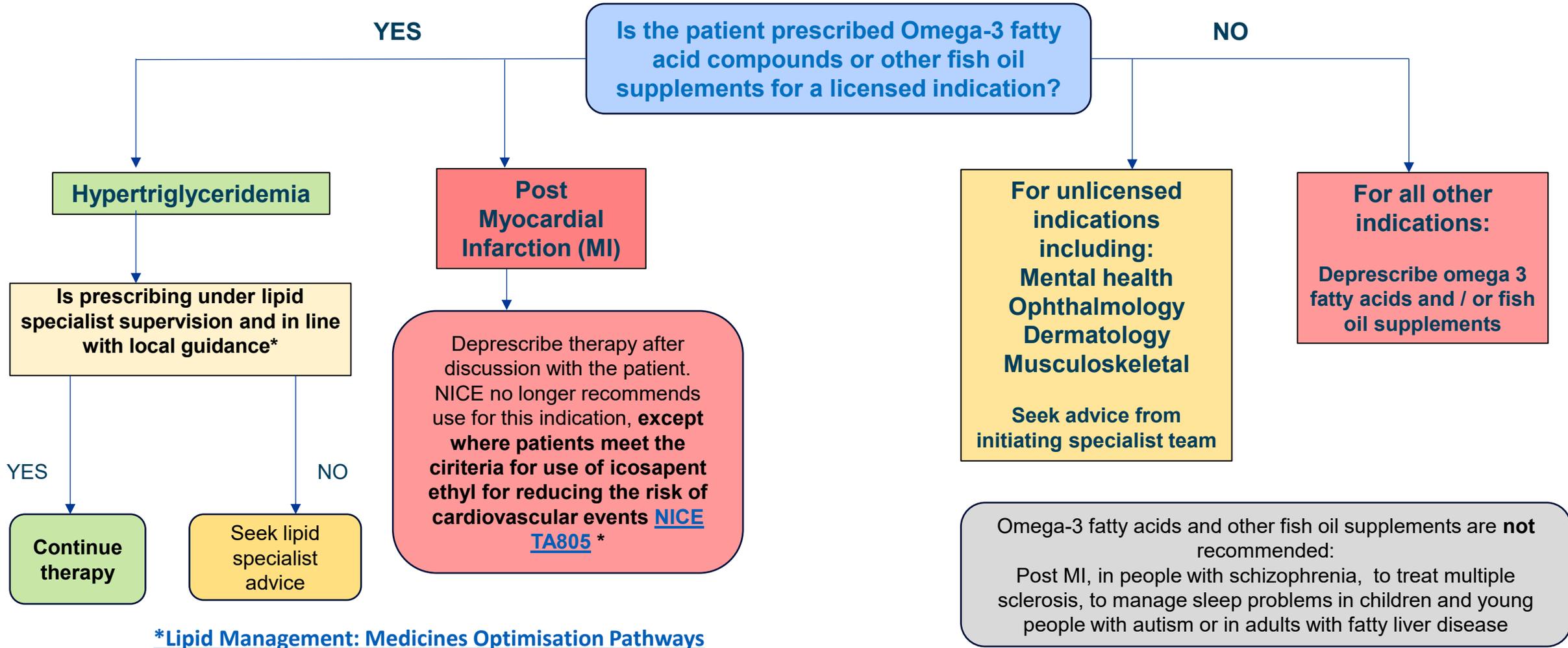
[NHS England » Items which should not routinely be prescribed in primary care: policy guidance](#)

Approval date: March 2026

Review date: March 2028 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes.

Deprescribing of Omega-3 Fatty Acid Compounds and Fish Oil Supplements



*Lipid Management: Medicines Optimisation Pathways

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