

Omega-3 Protocol

Brain Health
Education and Research Institute



If you are concerned that a concussion injury has occurred, please seek medical attention immediately as head injuries can be life threatening.

There is no known cure for brain injury. In addition to traditional treatment under the direction of a competent healthcare provider, the Omega Protocol may be invaluable for the management and recovery following an injury to the brain. Providing omega-3s after an injury may help provide the nutritional foundation for the brain to begin the healing process itself.

STEP 1: Begin with a high quality fish oil supplement—Not all fish oil is the same. If you would like to see what brands Dr. Lewis uses in his medical practice, go to www.braincare.center/shop

- The omega-3 fish oil be a concentrated formulation that is molecularly distilled, pharmaceutical grade, triglyceride form (not ethyl esters), and meets European Pharmacopeia standards.
- ***The highest quality, concentrated softgels will contain 1000mg EPA+DHA combined per softgel.***
- For Liquid products: the best concentrates should contain approximately 2500-3000mg (3gm) of EPA+DHA per teaspoon (5 ml) for one dose.

STEP 2: Begin taking your omega-3 softgels as soon as possible following an injury. Sometimes this is immediately following an injury, sometimes it may be weeks, months, or even years after an injury.

WEEK 1 (Phase 1 – loading dose):

- **TAKE ONE DOSE**, three (3) best quality concentrated softgels (3 g of EPA+DHA), **THREE TIMES A DAY** for at least 7 days (Breakfast-Lunch-Dinner). *That is Nine [9] total softgels per day.*
- If the injury is more severe or months/years prior and symptoms are still a major issue, consider extending this phase out to one entire month.

WEEK 2 (Phase 2 – tapering down):

- **TAKE ONE DOSE**, three (3) best quality concentrated softgels (3 g of EPA+DHA), **TWO TIMES A DAY** for 7 days (Breakfast-Dinner). *That is Six [6] total softgels per day.*

IMPORTANT NOTE:

If symptoms are improving, but not yet back to where you and your healthcare provider think you should be, strongly consider staying at Phase 1 for a longer period of time until you achieve the results you believe you should achieve.

STEP 3 (Phase 3 – maintenance): Continue a MAINTENANCE DOSE to maintain optimal brain health.

- **TAKE ONE DOSE**, three (3) best quality concentrated softgels (3 g of EPA/DHA), **ONCE** every day ongoing.
- Purchase more omega-3 supplements.

This protocol has not been approved by the US Food and Drug Administration. The FDA has classified omega-3 fatty acids as “generally recognized as safe” (GRAS). The FDA has ruled that up to 3 grams of EPA+DHA is safe without fear of adverse events. There are no known significant drug interactions with omega-3 fatty acids. When using higher amounts of EPA and DHA, it is important for persons considering doing this protocol to do so under the supervision of a healthcare provider.

Following the protocol does not constitute a doctor-patient relationship with any member of the Brain Health Education & Research Institute or the Institute itself. It does not imply, explicitly or implicitly, our knowledge of condition or that any member of the Institute is treating any medical condition for you.