



Foundational Therapy Program

Dr. Friedman's take on Common Objections about Omega-3s and PRN

Why is PRN costlier than the other brands?

Sometimes I am asked why the PRN De3 costs more than maybe the over-the-counter omega three supplements that you see on the store shelves. Well, it really comes down to effectiveness. You need the right dosage and you need the right form that will absorb enough to make an impact for eye health. If you compare label-to-label and ingredient-to-ingredient with some of those over-the-counter versions, you will find that you might have to take a half a bottle of those a day in order to get enough in.

Therefore, the reality is that the cost of the De3 is actually very affordable when you look at it relative to the effective dose that will allow you to be more comfortable with your dry eyes.

Does PRN cause indigestion or fish burps?

When your doctor recommended an omega three fatty acid supplement, you may have wondered, Oh is that going to cause problems with indigestion or fish burps that you sometimes hear about associated with omega three fatty acid or fish oil supplements? Well, the good news is PRN De3 is in a clean dietary form. It is just like eating a good piece of fish. Therefore, you are not going to have any of those GI issues that have been associated with fish oil and it can absorb and get to the eye to make an impact for your eye health.

How long will it take before the patients feel the benefits of PRN?

Sometimes patients will ask how long it will take before they start to feel the benefits of PRN De3. Well, clinical studies have indicated that this will occur sometime between 8 and 12 weeks, so you can look forward to feeling better very shortly, probably within three months.

How long should the patients take PRN De3?

Some people will ask how long they will be taking the PRN De3 Omega-3 fatty acid supplement. Well, omega three fatty acids are essential for our body and you will be taking this long term for nutritional support for not only your eyes, but your overall health as well.