

Karl Popper

Popper's basic argument was that it is not possible to prove that a scientific theory is true from a limited data sample, it is possible to prove that a theory is false.

There is at least one metal that does not conduct electricity – this *counterexample* may be used to disprove a theory that states that 'all metals conduct electricity'.

The major problem with Popper's argument is that a scientist is also interested in proving his/her own theory to be true – setting up the use of inductive inference.

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If fish can harbor toxins, it seems plausible that the oils extracted from fish to make supplements might be contaminated, but that's not the case. "**Fish oils are pure**," says Connor. One recent study tested 16 fish oil supplements sold in warehouse clubs, pharmacies, and supermarkets, and none contained significant amounts of mercury, PCBs, or the pollutant dioxin. Currently, the American Heart Association recommends 1,000 milligrams of fish oil supplements per week for people with heart disease. According to Connor, supplements are a great way for nonfish lovers to tap into the important heart-healthy benefits of omega-3 fatty acids.