

Clinical trials of alpha-linolenic acid

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1 cardiovascular prevention

Trial	Treatments	Patients	Trials design and methods
alpha-linolenic acid vs placebo			
ALPHA OMEGA (ALA) , 2010 [NCT00127452] n=2409/2428 follow-up: 40 months	margarine supplemented with plant-derived alpha-linolenic acid (with a targeted additional daily intake of 2 g of ALA) versus placebo	men and women with a history of myocardial infarction	Factorial plan double-blind the Netherlands
Natvig , 1968 n=6716/6690 follow-up: 12 months	linseed oil, 10 ml /d (55% a-linolenic acid) versus placebo (sunflower oil, 10 ml/d (1.4% a-linolenic acid))	working men, though a few had had a previous MI or angina	Parallel groups double-blind Norway

More details and results :

- omega-3 fatty acids for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q121>
- omega-3 fatty acids for cardiovascular prevention in patients at high risk at <http://www.trialresultscenter.org/go-Q123>

References

ALPHA OMEGA (ALA), 2010:

Kromhout D, Giltay EJ, Geleijnse JM n-3 Fatty Acids and Cardiovascular Events after Myocardial Infarction. N Engl J Med 2010 Nov 18;363:2015-2026 [20929341]
[10.1056/NEJMoa1003603](https://doi.org/10.1056/NEJMoa1003603)

Natvig, 1968: