

Clinical trials of omega-3 fatty acids for cardiovascular prevention in patients at low risk

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1 omega-3 Fatty acids

Trial	Treatments	Patients	Trials design and methods
diet vs control			
Mate-Jimenez , 1991 n=19/19 follow-up: 24months	diet advice versus no advice	people with inactive Crohns disease	Parallel groups open with blind assessment Spain
fish oil vs control			
Katan , 1997 n=44/14 follow-up: 12 months	Fish oil capsules, all took 9 per day (1.1g omega-3 fats low dose, 2.2g medium dose, 3.3g high dose per day) versus 9 olive and palm oil capsules (0g omega-3 fats per day)	healthy monks	Parallel groups NA The Netherland
Malaguarnera , 1999 n=26/26 follow-up: 6 months	EPA + DHA daily (3g/d EPA + DHA) plus IFNa subcutaneously versus IFNa subcutaneously only	chronic hepatitis with ALT =2x normal limit for =12 mo	Parallel groups open Italy
Terano , 1999 n=10/10 follow-up: 12 months	DHA capsules, 6/d (4.3g/d DHA) versus no treatment	dementia of CVD	Parallel groups open with blind assessment japan
Efamol marine vs placebo			
Veale , 1994 n=19/19 follow-up: 9 months	Efamol marine capsules, 12/d (0.4g/d EPA + DHA plus 0.5g/d gamma-linoleic acid (notomega-3))TP versus placebo (capsules containing liquid paraffin and vitamin E, 12/d, appeared identical)	people with chronic stable plaque psoriasis and inflammatory arthritis	Parallel groups double blind UK
fish oil vs placebo			
Almallah , 1998 n=18/18 follow-up: 6 months	fish oil extract, 15 ml/d (5.6g EPA + DHA) versus placebo (sunflower oil, 15 ml/d)	people with distal procto-collitis (ulcerative colitis)	Parallel groups single blind and outcome ass. UK
Dry , 1991 n=6/6 follow-up: 12 months	Liparmony1 (1g/d EPA + DHA) versus placebo	people with asthma	Parallel groups double blind France

continued...

Trial	Treatments	Patients	Trials design and methods
Geusens , 1994 n=60/30 follow-up: 12 months	high and low dose fish oil capsules versus placebo (olive oil capsules, 6/d)	people with active rheumatoid arthritis on NSAIDs or DMARDs	Parallel groups double blind Belgium
Loeschke , 1996 n=31/33 follow-up: 24 months	fish oil capsules 6x1 g/d (5.1g/d omega-3 fats), with orange flavour versus placebo (maize oil capsules 6x1 g/d with orange flavour)	people with ulcerative colitis, in remission	Parallel groups double-blind Germany
Lorenz-Meyer , 1996 n=70/65 follow-up: 12 months	ethyl ester fish oil concentrate capsules 6x1 g daily (5.1g/d EPA + DHA) versus placebo (corn oil capsules 6x1 g daily)	people with Crohns disease in remission	Parallel groups double blind
MaxEPA vs placebo			
Greenfield , 1993 n=16/8 follow-up: 6 months	MaxEPA capsules, 12/d for first month, then 6/d (3.7g/d initially, then 1.9g EPA + DHA daily), all with peppermint oil to disguise taste versus placebo (olive oil capsules, 12/d for first month, then 6/d. Looked like MaxEPA and had added peppermint oil)	people with stable ulcerative colitis	Parallel groups double blind UK
Skoldstam , 1992 n=23/23 follow-up: 6 months	MaxEPA fish oil capsules 10/d (3.0g/d EPA + DHA) versus placebo (vegetable oil capsules 10/d)	people with rheumatoid arthritis	Parallel groups double blind Sweden
Thien , 1993 n=21/16 follow-up: 6 months	MaxEPA capsules, 18/d (5.4g/d EPA + DHA) versus placebo (olive oil capsules 18/d)	hayfever and asthma	Parallel groups double blind Australia
PurEPA vs placebo			
Belluzzi , 1996 n=39/39 follow-up: 12 months	PurEPA 3 enteric coated capsules/d (0.9g EPA + DHA) versus placebo (Mixed TG 3 enteric coated capsules)	established Crohns disease, in remission	Parallel groups double-blind Italy

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