



IO3-03 - Comparative human pilot study evaluating three different fish oil forms and their impact on the Omega-3 index.

ABSTRACT

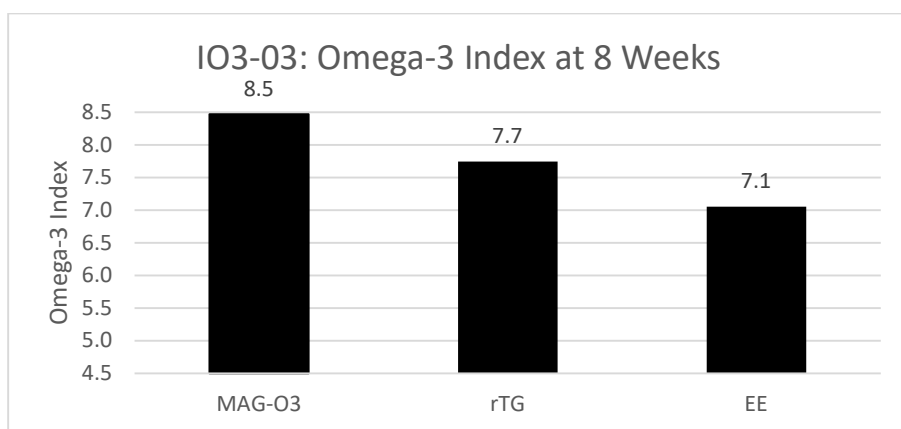
Background: Omega-3 (n-3) fatty acid (FA) supplementation increase the EPA and DHA in plasma and red blood cell membranes. Most of the supplements on the market are esterified in ethyl esters (EEs), natural triglycerides (TGs) or re-esterified triglyceride (rTGs). The sum of the EPA and DHA in red blood cell membrane (the Omega-3 Index) is considered a risk factor for coronary heart disease, especially sudden cardiac death and the desired omega-3 index is 8.0 or more. Recently it was proven that the plasma n-3 FA concentration in adults is greater after acute supplementation with monoglyceride n-3 FAs (MAG-O3) rather than in EEs or rTGs.

Objective: The objective of this study was to compare the omega-3 index after 8 weeks of daily supplementation of 1,3g of EPA+DHA in 3 different esterified supplements: Monoglycerides (MAG-O3), EEs and rTGs.

Methods: A randomized, triple-blind, controlled clinical trial. Thirty-six (36) participants ingested a daily oral dose of 1.3 g of EPA and DHA esterified in MAGs (MAG-O3), EEs, or rTGs. Four blood samples were collected from each participant, and the omega-3 index was determined.

Results: The omega-3 index at 8 weeks was 8.5 for the Monoglycerides (MAG-O3) group, 7.7 for the rTGs group and 7.1 for the EEs.

Conclusions: Omega-3 Index is greater after daily supplementation for 8 weeks with n-3 FAs esterified in Monoglycerides (MAG-O3) rather than in EEs or rTGs. Only the Monoglycerides (MAG-O3) group was able to achieve an omega-3 index of 8.0 with a daily dose of 1.3 g of EPA+DHA.



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