

Fish oil supplementation doesn't cut inflammatory markers

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(HealthDay)—For healthy adults, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) supplementation does not reduce common markers of systemic inflammation, according to a study published online Oct. 26 in the *Journal of Internal Medicine*.

Matthew F. Muldoon, M.D., from the University of Pittsburgh School of Medicine, and colleagues conducted a double-blind, placebo-controlled clinical trial to examine whether EPA+DHA supplementation reduces common biomarkers of chronic, [systemic inflammation](#). Two hundred sixty-one healthy individuals aged 30 to 54 years were enrolled and randomized to 18 weeks of [fish oil supplementation](#) providing 1,400 mg per day EPA+DHA, or to a matching placebo.

The researchers observed a 64 percent increase in red blood cell

EPA+DHA in the active treatment group, while supplementation had no effect on serum C-reactive protein and interleukin-6 ($P \geq 0.20$). Across subgroups and with and without imputed values the findings were consistent. Ex vivo production of four pro-inflammatory cytokines was not altered with EPA+DHA supplementation ($P \geq 0.20$).

"Supplementation with 1,400 mg EPA+DHA did not reduce common markers of systemic inflammation in healthy adults," the authors write.

More information: [Abstract](#)
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