

Study links omega-3s to reduced mortality

June 22 2016

A recent meta-analysis in *Scientific Reports* supports a link between EPA and DHA omega-3 intake and a reduced risk of death by any cause. The meta-analysis included 11 studies involving 371,965 participants and 31,185 death events, with a subset of the studies being used for different analyses.

In the analysis of n-3 LCPUFA intake, there was a 9% [reduced risk](#) of all-cause death associated with high versus low omega-3 intake. In the dose-response analysis, an increase in EPA/DHA intake of 300 mg/day was associated with a 6% lower risk of all-cause mortality. These findings suggest that both dietary and circulating n-3 LCPUFA are shown to be significantly associated with reduced risk of all-cause mortality.

According to study author Manfred Eggersdorfer, "The meta-analysis of 11 prospective observational studies demonstrates that each 1% increment of omega-3s in total fatty acids in blood may be associated with a 20% decrease in risk of all-cause mortality. This is an important finding for the potential contribution of adequate omega-3 intake to public health."

More information: Guo-Chong Chen et al, N-3 long-chain polyunsaturated fatty acids and risk of all-cause mortality among general populations: a meta-analysis, *Scientific Reports* (2016). [DOI: 10.1038/srep28165](#)

Provided by GOED

Citation: Study links omega-3s to reduced mortality (2016, June 22) retrieved 9 April 2024 from <https://medicalxpress.com/news/2016-06-links-omega-3s-mortality.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.