

Clinical trials have documented beneficial effect of n-3 polyunsaturated fatty acids on health. Regular dietary intake of n-3 PUFAs decreases the risk of cardiovascular diseases. n-3 PUFAs may be a safe and effective supplement to drug treatment for reducing the risk of myocardial infarction, arrhythmia and sudden cardiac death.

n-3 PUFAs show antiatherogenic properties; e.g. they decrease inflammation, stabilize atherosclerotic plaques and prevent other chronic diseases.

For primary prevention it is recommended to eat fish at least twice a week, people with documented coronary heart disease should consume 1 gram of n-3 PUFAs daily. Fish oil and oily fish (salmon, tuna, trout, mackerel) are rich in EPA and DHA. ALA is found e.g. in flax seed oil.