

## Media Release

14 April 2015

### **Benefits of fish oil for heart health**

Complementary Medicines Australia (CMA) today responded to media reports that the National Heart Foundation is reviewing dietary and supplementation advice in relation to fish oil, based on a study looking at the relationship between omega-3-polyunsaturated fatty acids and cardiovascular health.

The study, published in the journal *Heart, Lung and Circulation*, found a trend towards no beneficial effect in consumption of omega-3 long-chain polyunsaturated fatty acids (EPA and DHA) for the prevention of cardiovascular disease (CVD), which contrasts with many previous, well conducted studies regarding fish oil and its effects on CVD.

“It’s important that the findings are put into the correct context, the science is interpreted fairly, and that dietary and supplementation advice is provided with regard to the entire body of available evidence,” said Mr Carl Gibson, chief executive officer of CMA.

“It should be noted that the research paper finds that people should eat two or three servings of fish (including oily fish) a week, and acknowledges that supplements will provide people who don’t eat fish with marine-sourced Omega-3s.”

“The paper concluded that marine-sourced Omega-3s are beneficial in treating people with high triglycerides and, in addition to standard therapy, for preventing heart failure in people with secondary heart disease. Fish oil has also been associated with other health benefits for conditions ranging from arthritis to cognitive decline,” said Mr Gibson.

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