

CMA Media Release

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CMA emphasises the evidence of omega-3 fish oils in contributing to good health

Complementary Medicines Australia (CMA) emphasises the large body of evidence that supports omega-3 fish oils in contributing to good health, in response to a recent controversial Cochrane review reporting that omega-3s were found to not provide heart health benefits.

Mr Carl Gibson, ceo of CMA said: “We are not surprised that the value of this latest meta-analysis has been questioned, given the limitations of the review against the decades of research showing the cardio-protective effect of omega-3s.”

Mr Gibson said: “Nutrients really shouldn’t be treated like they drugs. This review was still only looking at short-term trials, running for 2-3 years on average, and using low doses of omega-3 supplements. It’s no shock that you might not be able to replicate the beneficial effects of consuming fish or taking omega-3 supplements over time.”

“Industry experts noted that the doses of omega-3s typically used in the studies were unlikely to produce a cardio-protective omega-3 blood level, noting that if you are going to treat omega-3s like a drug then a high enough dose needs to be used and blood levels monitored.”

“The global organisation for omega-3s, GOED, has also raised a number of concerns with the finding of ‘no benefit’, giving that this latest review focuses on only a small part of the existing evidence and even there contradicts previous meta-analyses that focused more carefully on some of the most relevant outcomes (cardiac death, blood pressure, triglycerides).

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“A GOED-commissioned [editorial review](#) by Dr Kevin Maki has also just been published, exploring the reasons why omega-3 may not always show a clear benefit, and outlining the promising evidence supporting omega-3 supplementation for reducing the risk of cardiac death.”

Mr Gibson went on to say: “This new meta-analysis is yet another rehash of old data and doesn’t add to the conversation about the value of omega-3s. I believe that new research will continue to build upon the evidence base supporting the use of omega-3 supplements for health benefits, and in a range of other conditions, ranging from joint health, arthritis and osteoporosis, to eye health, prevention of cognitive decline, and skin conditions such as psoriasis.”

CMA strongly advocates the use of a high quality fish oil supplement to ensure that the intake amount and efficacy is assured. CMA also advocates consumers in following instructions and dosage guidance on labels, as with any medication, and to seek advice from a healthcare provider.

ENDS

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