

Media Release

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Omega-3 Fish Oils are Swimming in Evidence

Complementary Medicines Australia (CMA) accentuates the protective qualities of omega-3 fish oils, and emphasises the large body of evidence from clinical trials that show omega-3 fish oils contribute to positive health benefits.

Mr Carl Gibson, ceo of CMA, said: “there is a large pool of research not to be ignored which provides evidence that omega-3 fatty acids are effective in lowering the incidence of coronary heart disease, stroke and heart attack, especially amongst those who have survived a heart attack and those with high blood cholesterol.”

“Research continues to build upon the evidence base supporting the use of omega-3 supplements for health benefits. Just recently, CMA welcomed the results of a study published in the prestigious *New England Journal of Medicine (NEJM)* that found the use of omega-3 supplements during the third trimester of pregnancy may reduce the risk of children developing persistent asthma or wheezing and infections of the lower respiratory tract.”¹

“In other research, omega-3 fish oils have been associated with health benefits for conditions ranging from joint health, arthritis and osteoporosis, to eye health, prevention of cognitive decline, and skin conditions such as psoriasis.”

“Statistics taken from the 2011-2012 National Nutrition and Physical Activity Survey indicate that only 20 per cent of Australians obtain an optimal omega-3 intake and only 10 per cent of women of childbearing age meet the recommended intake of DHA,” said Mr Gibson.”²

Omega-3 fish oil supplements are regulated by the Therapeutic Goods Administration in Australia and Medsafe in New Zealand, and both regulators have quality standards in place that the industry has to adhere to, including meeting label claims on EPA/DHA content and long-term stability testing relative to a set quality standard.

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.

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¹ Bisgaard H, et al. (2016). Fish Oil-Delivered Fatty Acids in Pregnancy and Wheeze and Asthma in Offspring. *NEJM*. doi: 10.1056/NEJMoa1503734

² Meyer, B. (2016). Australians are not Meeting the Recommended Intakes for Omega-3 Long Chain Polyunsaturated Fatty Acids: Results of an Analysis from the 2011-2012 National Nutrition and Physical Activity Survey. *Nutrients*. 8,111.

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