## **Accepted Manuscript**

Omega 3 Fatty Acids in Cardiovascular Disease Risk Factors: An Updated Systematic Review of Randomised Clinical Trials

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PII: S0261-5614(17)30176-0

DOI: 10.1016/j.clnu.2017.05.015

Reference: YCLNU 3140

To appear in: Clinical Nutrition

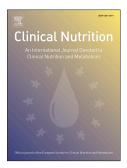
Received Date: 29 November 2016

Revised Date: 11 March 2017

Accepted Date: 12 May 2017

Please cite this article as: Rangel-Huerta OD, Gil A, Omega 3 Fatty Acids in Cardiovascular Disease Risk Factors: An Updated Systematic Review of Randomised Clinical Trials, *Clinical Nutrition* (2017), doi: 10.1016/j.clnu.2017.05.015.

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- 1 Omega 3 Fatty Acids in Cardiovascular Disease Risk Factors: An Updated Systematic Review
- 2 of Randomised Clinical Trials
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- 9 Received: date; Accepted: date; Published: date
  - Abstract: Several studies and reviews regarding the supplementation of omega-3 LC-PUFAs have been developed during the last years. Indeed, the evidence states that high doses omega-3 LC-PUFAs produce a small but significant decrease in blood pressure in older and hypertensive subjects. Due to the increasing interest in the benefits of LC-PUFAs, we aimed to evaluate the scientific evidence provided in the past five years (2012-2016) on the effects of the intake of omega-3 LC-PUFAs on cardiovascular risk factors such as inflammation and oxidative stress, through a systematic review in PubMed database. Twenty-eight articles were related to cardiovascular disease (CVD) and are included in this systematic review. The studies included healthy subjects and CVD patients; we included the number of subjects, type of study, type and doses of omega-3 LC-PUFAs, primary outcomes, and results. The use of omega-3 LC-PUFAs for ameliorating CVD risk factors can be recommended. However, the administration of omega-3 does not seem to show any benefit for the management of CVD or associated complications.
- 22 **Keywords:** Omega-3, Cardiovascular disease risk factors, Systematic review

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## 1. Introduction

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