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

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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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10 **Abstract:** Several studies and reviews regarding the supplementation of omega-3 LC-PUFAs have
11 been developed during the last years. Indeed, the evidence states that high doses omega-3
12 LC-PUFAs produce a small but significant decrease in blood pressure in older and hypertensive
13 subjects. Due to the increasing interest in the benefits of LC-PUFAs, we aimed to evaluate the
14 scientific evidence provided in the past five years (2012-2016) on the effects of the intake of
15 omega-3 LC-PUFAs on cardiovascular risk factors such as inflammation and oxidative stress,
16 through a systematic review in PubMed database. Twenty-eight articles were related to
17 cardiovascular disease (CVD) and are included in this systematic review. The studies included
18 healthy subjects and CVD patients; we included the number of subjects, type of study, type and
19 doses of omega-3 LC-PUFAs, primary outcomes, and results. The use of omega-3 LC-PUFAs for
20 ameliorating CVD risk factors can be recommended. However, the administration of omega-3 does
21 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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24 **1. Introduction**

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