Fish Oil Study
Omega-3 Supplement
Healthy Volunteers Needed
Online: https://go.usa.gov/xQq2p

Heart disease is the leading cause of death and disability in the US. Omega-7 fatty acids are found in the oil extracted from certain fish and nuts like macadamia. Palmitoleic acid is one of the most common omega-7 fatty acids. Many studies suggest that this oil is good for heart health. Researchers at the National Institutes of Health (NIH) want to find out more about these potential benefits.

To be eligible for this study, you must be:
• 18 or older
• In generally good health, with no known history of cardiovascular disease
• Be willing to participate in a trial that may last 30 weeks and take a supplement regularly
• Body Mass Index (BMI) more than 25kg/m2 and/or triglycerides more than 100

(Calculate your BMI at:https://go.usa.gov/xnfXE)

What is involved?
• Have a physical exam and blood testing
• Have a diet and exercise assessment
• A test to measure the stiffness of your arteries
• Participation includes a total of 4 outpatient visits over 24-30 weeks
• Take omega-7 supplement daily
• There is no cost for study related supplements, tests or procedures
• Receive compensation for your participation at the end of the completed study

For more information, please call:
NIH Clinical Center Office of Patient Recruitment
1-800-411-1222 Refer to study # 18-H-0019
TTY: 1-866-411-1010
Se habla español

NIH...Turning Discovery Into Health®