



National Heart, Lung,  
and Blood Institute

# 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/m<sup>2</sup> 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



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