

Abstract

... 14 . I ... 15,16 ... -3 FA ... B I ... -3 ... B ... 17,18 . F ... B -3 ... (1.5 /) ... -3 ... 7 . C 8,9

Keywords: H ... B , ... (B) ... (DB) , ... 8 ... (40% 10% ... H ... B ... 11,12 ... 13 ... 14 ... F

*Corresponding author:

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Material and Methods

Study population

Fifty-four participants were recruited from the local community and screened for eligibility. The study was approved by the local ethics committee. All participants gave written informed consent before starting the study. The study was conducted in a temperature-controlled laboratory (22–24 °C). Participants were screened for eligibility based on the following criteria: age 18–65 years, BMI 25–35 kg/m², and no cardiovascular disease, diabetes, or other conditions affecting lipid metabolism. Participants were randomly assigned to either the supplement or control group. The supplement group received 3 g of DHA per day, while the control group received a placebo. The study was conducted in a temperature-controlled laboratory (22–24 °C). Participants were screened for eligibility based on the following criteria: age 18–65 years, BMI 25–35 kg/m², and no cardiovascular disease, diabetes, or other conditions affecting lipid metabolism. Participants were randomly assigned to either the supplement or control group. The supplement group received 3 g of DHA per day, while the control group received a placebo.

Dietary control

All participants followed a standardized diet during the study. The diet was based on the Mediterranean diet, which is rich in fruits, vegetables, and fish. The total energy intake was 2500 kcal per day. The diet was controlled for total fat, saturated fat, and cholesterol intake. The diet was controlled for total fat, saturated fat, and cholesterol intake. The diet was controlled for total fat, saturated fat, and cholesterol intake.

Anthropometric measurements

Anthropometric measurements were taken at baseline and at 3, 6, and 9 months. Measurements included body weight, body mass index (BMI), waist circumference, and blood pressure.

0.1 (n=220), 0.01 (n=769). Blood pressure measurements were taken at baseline and at 3, 6, and 9 months.

Blood pressure measurements

Blood pressure was measured at baseline and at 3, 6, and 9 months. The average blood pressure was 140/90 mmHg at baseline. Blood pressure decreased significantly in the supplement group compared to the control group.

Blood sample measurements

Blood samples were collected at baseline and at 3, 6, and 9 months. Measurements included total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides. The supplement group showed a significant increase in HDL cholesterol and a decrease in LDL cholesterol and triglycerides.

Statistical procedures

Statistical analysis was performed using SPSS software. Data were analyzed using a two-tailed t-test. A p-value of <0.05 was considered statistically significant. The supplement group showed a significant increase in HDL cholesterol and a decrease in LDL cholesterol and triglycerides.

Results

Study population

All participants completed the study. The supplement group received 3 g of DHA per day, while the control group received a placebo.

Cholesterol and Fatty acid ingested

Cholesterol and fatty acid intake were measured at baseline and at 3, 6, and 9 months. The supplement group showed a significant increase in HDL cholesterol and a decrease in LDL cholesterol and triglycerides.

	Initial		3 Months		6 months		3 months post	
	Supplement	Control	Supplement	Control	Supplement	Control	Supplement	Control
SBP (mm Hg)								

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