Evidence Table 58. Interventions listed in detail for all studies

| **Author Year** | **Supplement:** | **Latin or other names used in this study for the supplement** | **Supplement Composition** | **Is purity of the supplement reported?** | **Is the supplement licensed in the region used?** | **Does the paper report where the supplement was manufactured?** | **Have storage conditions for the supplement been reported?** | **Is the origin of the supplement reported?** | **What subtype of the supplement was administered?** | **Are nutrient levels or biomarkers of the supplement reported?** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Abdul 20101 | Echinacea | E. angustifolia and E. purpurea | 600 mg of E. angustifolia roots and 675 mg of E. purpurea root; | No | NR | QLD, Australia | No | roots of E. angustifolia and E. purpurea | NA | Echinacea alkamide content in plasma |
| Aruna 20072 | Gingko biloba | NR | NR | No | NR |  | No | No | NA | No |
| Avogaro 19743 | Niacin | nicotinic acid | NR | No | NR |  | No | No | NR | No |
| Balestrieri 19964 | Fish oils/marine oils | ethylester | 85% n-3 fatty acids (EPA + DHA ratio 1:1) | No | NR | Esapent-Carlo Erba, Milano Italy | No | No | NR | No |
| Barbagallo 19995 | Vitamin E | NR | NR | No | NR |  | No | No | NR | plasma vit E |
| Bays 20097 | Omega-3 (EPA, DHA or both) | Lovaza | NR | No | NR | No | No | No | NA | No |
| Bays 20106 | Omega-3 (EPA, DHA or both) | P-OM3 (omega-3-acid ethyl esters) | 465mg EHA;375mgDHA | No | NR | No | No | No | NA | No |
| Bender 19988 | Fish oils/marine oils | MaxEPA | NR | No | NR |  | No | No | NR | No |
| Bordia 19989 | Garlic | NR | NR | No | NR |  | No | Peeled garlic clves were crushed, extracted in ethyl acetate, the solvent evaporated and the resultant oil dissolved in soy oil. The oil extract of garlic was encapsulated. Each capsule contained oil equivalent of 1g raw garlic. | NR | No |

| Evidence Table 58. Interventions listed in detail for all studies (continued) | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author Year** | **Supplement:** | **Latin or other names used in this study for the supplement** | **Supplement Composition** | **Is purity of the supplement reported?** | **Is the supplement licensed in the region used?** | **Does the paper report where the supplement was manufactured?** | **Have storage conditions for the supplement been reported?** | **Is the origin of the supplement reported?** | **What subtype of the supplement was administered?** | **Are nutrient levels or biomarkers of the supplement reported?** |
| Budoff 200410 | Garlic | Aged Garlic Extract (AGE), Kyolic | NR | No | NR |  | No | No | NR | No |
| Caso 200711 | Supp 1: Coenzyme Q10  Supp 2: Vitamin E | Supp 1: Q-Sorb softgel  Supp 2: NR | Supp 1: NA  Supp 2: NA | Supp 1: No  Supp 2: No | Supp 1: NR  Supp 2: NR | Supp 1: NY, USA  Supp 2: NY, USA | Supp 1: No  Supp 2: No | Supp 1: No  Supp 2: No | Supp 1: NA  Supp 2: NA | Supp 1: No  Supp 2: No |
| Chan 200212 | Fish oils/marine oils | Omacor | 45% EPA and 39% EHA | No | Yes | Oslo, Norway | No | No | NA | measurements of plasma EPA and DHA levels |
| d'Arcangues 200413 | Vitamin E | Evion | NA | tablets returned to the Merck laboratories for retesting at the end of the trial and their stability over the course of the study was confirmed | NR | Germany | No | No | NA | No |
| Davidson 199715 | Fish oils/marine oils | NR | The Omega FA content of 7.2g of the marine oil supplements used was 3.6g EPA: DHA ratio = 1.5 | No | NR | SuperEPA 1200, Advanced Nutritional Technoligy, Inc., Dublin California | No | No | NR | No |
| Davidson, 200714 | Omega-3 (EPA, DHA or both) | omega 3-acid ethyl esters (P-OM3) | 465mg EPA; 375mg DHA | No | NR | New Jersey, USA | No | No | NA | No |
| De, Caterina 200216 | Vitamin E | NA | NA | No | NR | Switzerland | No | No | NA | plasma vit E |
| Dehmer 198817 | Omega-3 (EPA, DHA or both) | MaxEPA | 3.2g EPA 2.2g DHA in 18 capsules | No | NR | Michigan | No | No | NA | No |
| Desideri 200318 | Vitamin E | alpha-tocopherol | NR | No | NR | Roche Molecular Biochemicals, Milan, Italy | No | No | NR | Plasma Vit E concentrations were measured by HPLC according to the well-estalished method of Lee et al. Plamsa vitamin E leveers were expressed both in absolute concentrations and as the ratio of Vitmain E / (total cholesterol + triglycerdies) |
| Di, Spirito 200819 | Omega-3 (EPA, DHA or both) | P-OM3, Lovaza | 465 mg of the ethyl ester of eicosapentaenoic acid and 375 mg of the ethyl ester of docosahexaenoic acid | No | NR | North Carolina US | No | No | NA | No |
| Duffy 200120 | Vitamin E | NR | NR | No | NR | Victoria, Australia | No | No | Acetylcholine for vasomotion study; Sodium nitroprusside to assess response to endothelial-independent vasodilator | tocopherol measured by high-performance liquid chromatography |
| Eritsland 199621 | Fish oils/marine oils | Omacor | Each soft gelatin capsule contains 1 g of fatty acids (51% eicosapentaenoic acid C20:5n-3 and 32% docosahexaenoic acid C22:6n-3 ethyl esters) and 3.7 mg o-tocopherol as an antioxidant. | No | NR | Pronova AS, Oslo, Norway | No | No | NR | No |
| Eritsland 199621 | Fish oils/marine oils | Omacor | each capsule contained 1 gram fatty acids (51% EPA and 32% DHA) and 3.7 mg alpha-tocopherol | No | NR | Pronova AS, Oslo, Norway | No | fish oil | NR | No |
| Eritsland 199621 | Fish oils/marine oils | n-3 fatty acids | each capsule contained 1 gram fatty acids (51% EPA and 32% DHA) and 3.7 mg alpha-tocopherol | No | NR | Norway | No | fish oil | NR | No |
| Ferraro 200922 | Fish oils/marine oils | PUFA | 85% EPA + DHA | No | NR |  | No | No | NA | No |
| Gardner 2007 23 | Gingko biloba | EGb 761 | 24% Ginkgo flavone glycosides and 6% terpene lactones | No | NR | Springville, Utah by Nature's Way | No | No | NA | No |
| Garg 199524 | Gingko biloba | Ginkgo Biloba Extract | NR | No | NR |  | No | No | NR | No |
| Glynn 200725 | Vitamin E | alpha-tocopherol | NR | No | NR |  | No | No | NR | No |
| Gosai 200826 | Omega-3 (EPA, DHA or both) | P-OM3 | 465 mg of the ethyl ester eicosapentaenoic acid and 375 mg of the ethyl ester docosahexaenoic acid | No | Yes | North Carolina, US | No | No | NA | No |
| Govil 197927 | Magnesium | magnesium hydroxide solution | NA | No | NR |  | No | No | NR | serum magnesium |
| Hansen 199329 | Fish oils/marine oils | fish oil ethyl ester (K-85) | EPA to DHA ratio 1.90 | 94% n-3 fatty acids | NR | Pronova A/S, Oslo, Norway) | No | No | NR | No |
| Hajda, J28(2010) | Garlic extract | GaliPure | GarliPure®, 600mgcaplets from Natrol®, CA, USA  containing gamma glutamylcysteines 12,000µg, 4800µg alliin, 3900µg sulfur and 3800µg thiosulfinates resulting in a allicin yield 3600µg | No | Yes | Yes, USA | No | Yes | NA | No |
| Howe 1994 30 | Fish oils/marine oils | Lipitac Forte | NR | No | NR | Marker Pharma, Sydney Australia | No | No | NR | No |
| Isley 200731 | Supp 1: Omega-3 (EPA, DHA or both)  Supp 2: Niacin | Supp 1: Omacor  Supp 2: NR | Supp 1: 85% eicosapentaenoic (EPA) plus docosahexaenoic acids (DHA)  Supp 2: NA | Supp 1: No  Supp 2: No | Supp 1: NR  Supp 2: NR | Supp 1: Norway  Supp 2: NY, USA | Supp 1: No  Supp 2: No | Supp 1: No  Supp 2: No | Supp 1: NA  Supp 2: NA | Supp 1: No  Supp 2: No |
| Jiang 2004 33 | Ginseng | Panax ginseng | 8.93 mg ginsenosides as ginsenoside Rg1 | No | NR |  | No | No | NA | No |
| Jiang 200532 | Supp 1: Gingko biloba  Supp 2: Ginger | Supp 1: Tavonin  Supp 2: NR | Supp 1: 2000mg of Ginkgo biloba leaf, 9.6 mg of ginkgo‚ avonglycosides, 2.4 mg of ginkgolides and bilobalide  Supp 2: each capsule containing extract equivalent to 0.4 g of ginger rhizome powder | Supp 1: No  Supp 2: No | Supp 1: NR  Supp 2: NR | Supp 1: Germany  Supp 2: Australia | Supp 1: No  Supp 2: No | Supp 1: gingko leaf, avonglycosides and ginkgolides and bilobalide  Supp 2: NR | Supp 1: NA  Supp 2: NA | Supp 1: No  Supp 2: No |
| Kaul 199234 | Fish oils/marine oils | Maxepa | 1.8g EPA; 1.2g DHA | No | NR | Hull, UK | No | No | NA | No |
| Kim 201035 | Gingko biloba | NA | 204% glycosidic flavonoids + 6% terpenoids | No | NR | Korea | No | No | NA | No |
| Lee 200836 | Ginseng | P. ginseng | NR | The quality was tested according to the Korea Food & Drug Administration and hospital standards (ginsenoside Rb1>0.20%, Rg1>0.10%) | NR | Korea | No | Root was air dried and crushed materials were added to distilled water, and extraction was performed by heating the solution for 4 hours at 100°C | NA | No |
| Liu 200337 | Fish oils/marine oils | Eskimo-3 | 18% eicosapentaenoic acid (EPA, 20:5n-3), 12% docosahexaenoic acid (DHA, 22:6n-3) and a total of 38% of long-chain omega-3 fatty acids and is stabilized by a mixture of natural antioxidants, Pufanox, such as vitamins C and E and lecithin. | No | NR | Cardinova, Uppsala, Sweden | No | No | NR | No |
| Lungershausen 199438 | Fish oils/marine oils | Omacor | 1.9g EPA; 1.5g DHA | No | NR | Oslo, Norway | No | No | NR | No |
| Mabuchi 2007 39 | Coenzyme Q10 | NA | NA | No | NR | Kaneka Co., Osaka, Japan | No | No | NA | No |
| Macan200640 | Garlic | Kyolic (Aged Garlic Extract) | NR | No | NR | Wakunaga of America, Mission Viejo California | No | No | NR | No |
| Maki 200841 | Omega-3 (EPA, DHA or both) | P-OM3 | NR | No | NR | New Jersey | No | No | NA | No |
| Manuel 200442 | Vitamin E | d-alpha-tocopherol | NR | No | NR | Omega Pharma, NV, Nazareth, Belgium | No | No | NR | serum vit E |
| Mauro 200343 | Gingko biloba | NR | containing 24% ginkgo flavone glycosides | Verification of the flavone content and a general fingerprint of the chemical constituents ethanolic, reversedphase high-performance liquid chromatography (HPLC) assay using UV detection according to a previously described procedure | NR | California | No | leaf extract | NA | No |
| McDowell 199444 | Vitamin E | RRR-alpha-tocopherol | NR | No | NR | Henkel Corporation, Cork, Ireland | No | No | NR | serum alpha-tocopherol |
| McKenney, 200645 | Omega-3 (EPA, DHA or both) | Omacor | NR | No | NR | New Jersey, US | No | No | NA | No |
| Meyer 200746 | Supp 1: Omega-3 (EPA, DHA or both)  Supp 2: Omega-3 (EPA, DHA or both) | Supp 1: DHA  Supp 2: DHA | Supp 1: 7% EPA, 27% DHA  Supp 2: 7% EPA, 27% DHA | Supp 1: No  Supp 2: No | Supp 1: NR  Supp 2: NR | Supp 1: No  Supp 2: No | Supp 1: No  Supp 2: No | Supp 1: No  Supp 2: No | Supp 1: NA  Supp 2: NA | Supp 1: No  Supp 2: No |
| Micheletta 200447 | Vitamin E | alpha-tocopherol | NR | No | NR |  | No | No | NA | serum vit E |
| Miyamoto 200448 | Vitamin E | alpha-tocopherol acetate | NR | No | NR |  | No | No | NR | No |
| Mohammed Abdul 200849 | Garlic | Garliplex 2000 | equivalent to 3.71mg of allicin | No | NR | Australia | No | garlic bulb | NA | No |
| Motoyama 199850 | Vitamin E | Alpha-tocopherol acetate | NR | No | NR |  | No | No | NR | Measurement of flow-dependent vasodilation and blood sampling for assaysof thiobarbituric acid reactive substances (TBARS) and alpha-tocopherol weire performed before and 4 weeks after treatment |
| Mueller 1991 51 | Omega-3 (EPA, DHA or both) | Promega | 8 g of omega-3 fatty acids and 3.5 g of eicosapentaenoic | No | NR | New Jersey, US | No | No | NA | No |
| Napoli 1998 52 | Vitamin E | DL-alpha-tocopherol | NR | No | NR | Walgreen Co., Deerfield Illinois | No | No | NR | No |
| Neil, HAW | Omega-3 (EPA, DHA or both) | NR | EPA=46%, DHA=38% | No | NR | Yes | No | No | NA | No |
| Nordoy 2000 54 | Omega-3 (EPA, DHA or both) | Omacor | EHA=49%, DHA=39% | No | NR |  | No | No | NR | No |
| Nordøy 200355 | Omega-3 (EPA, DHA or both) | Omacor | ethyl esters of eicosapentaenoic acid (EPA) 45% and docosahexaenoic acid (DHA) 39% | No | NR | Pronova, A/S, Lysaker, Norway | No | No | NR | No |
| Paolisso 1992 57 | Magnesium | MAG2 | NR | No | NR | Lyrca Synthelabo, Italy | No | No | magnesium pidolate | erythrocyte magnesium |
| Paolisso 199556 | Vitamin E | DL-a-tocopherol acetate/d | NA | No | NR | Milan, Italy | No | No | NA | No |
| Playford 200358 | Coenzyme Q10 | NR | NR | No | NR | Blackmores, Australia | No | No | NR | Serum CoQ was assayed by reverse-phase HPLC plasma fibrinogen by Clauss reaction adn homocysteine by immunoassay. |
| Reyes 198459 | Magnesium | Slow Mag | 2.63 mmol Mg2+ | No | NR |  | No | No | magnesium chloride | No |
| Roth 200960 | Omega-3 (EPA, DHA or both) | prescription Omega-3 | NR | No | Yes | Ovaza (Omacor)- US | No | No | NA | No |
| Sconce 200761 | Vitamin K | phytomenadione | 20:80 ethanol odeionized water solution | stability and quality control checks | NR | United Kingdom | No | No | NA | plasma vit K |
| Steiner 199562 | Vitamin E | alpha-tocopherol | NR | No | NR |  | No | No | NR | serum concentration of alpha-tocopherol |
| Sutken 200663 | Vitamin E | NR | NR | No | NR |  | No | No | NR | Vit E was measured in serum samples that were isolated and were determined according to the Hashim's method. |
| Svaneborg 200264 | Fish oils/marine oils | NR | NR | No | NR | Pronova Biocare, Norway, delivered as Pikasol by Lube, Denmark | No | No | NR | platelet levels of EPA & DHA |
| Tankanow 200365 | Hawthorn | Crataegus | one tablet contained 450 mg dry extract of hawthorn leaves with flowers standardized to 84.3 mg of oligomeric procyanidines | No | NR | Germany | No | hawthorn leaves with flowers | NA | No |
| Watson 199966 | Coenzyme Q10 | Coenzyme Q | NR | No | NR | Health World Limited, Brisbane, Australia | No | No | NR | Plasma levels of Coenzyme Q |
| Wirell 199467 | Magnesium | Magnesiocard | NR | No | NR | Tutzing Germany | No | No | magnesium aspartate hydrochloride | serum magnesium, also in urine |
| Wolf 200668 | Gingko biloba | EGb761 | NA | No | NR | Germany | No | dry extract from gingko biloba leaves | NA | No |
| Yamamoto 199569 | Omega-3 (EPA, DHA or both) | Epadel | NR | No | NR | Mochido Pharmacy, Japan | No | No | NR | plasma EPA levels |
| Young 200770 | Coenzyme Q10 | Q-Gel | NR | No | NR |  | No | No | NR | total plasma levels of CoQ10 |
| Yuan 200471 | Ginseng | Panax quinquefolius | total ginsenoside content was 5.19% | The constituent split was as follows: ginsenoside Rb1 , 1.93%; Rb2 , 0.20%; Rc, 0.61%; Rd, 0.42%; Re, 1.68%; and Rg1 , 0.35% | NR | Wisconsin US | No | root of American ginseng | NA | No |