

Table D-1. Comparative studies, continuous measures

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|-----------------------------|---|--------|----------|----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| Baxheinrich, 2012, 22894911 | ALA [rapeseed oil] (40) | | | 52.3 (10.6) | 142.4 (18.6) | 91.8 (11.8) | | [5.43 (0.88)] | [3.42 (0.82)] | [1.37 (0.29)] | [1.94 (1.13)] | 33.4 (4.8) | 97.3 (19.7) |
| | Placebo [Olive oil] (41) | | | 50.3 (9.8) | 140.1 (12.4) | 90.2 (7.7) | | [5.49 (1.09)] | [3.49 (0.92)] | [1.43 (0.34)] | [1.64 (1.02)] | 35.2 (5.1) | 99.4 (16.2) |
| Bosch, 2012, 22686415 | "Fish oil" (DHA+EPA) (6281) | 65.4 | | 63.5 (7.8) | 145.6 (21.8) | 84.1 (12.1) | | 189 (46) | 112 (40) | 46 (12) | median 142 (99, 196) | 29.8 (5.3) | |
| | Placebo (6255) | 64.7 | | 63.6 (7.9) | 146.0 (21.8) | 84.2 (12.1) | | 190 (47) | 112 (40) | 46 (12) | median 140 (97, 195) | 29.9 (5.2) | |
| Brinton, 2013, 23835245 | EPA [2g/day] (234) | 61 | 96 white | 61.8 (9.42) | | | | median 169.0 (IQR 34.0) | median 82.0 (24) | median 38 (13) | median 254.0 (92.5) | 32.9 (4.98) | |
| | EPA [4g/day] (226) | 61 | 97 white | 61.1 (10.03) | | | | median 167.0 (IQR 38.0) | median 82.0 (25) | median 39 (12) | median 264.8 (93) | 32.7 (4.99) | |
| | Placebo (227) | 62 | 96 white | 61.2 (10.05) | | | | median 168.0 (IQR 38.0) | median 84.0 (27) | median 37 (12) | median 259.0 (81) | 33.0 (5.04) | |
| Brouwer, 2006, 16772624 | "Fish oil" (DHA+EPA) (273) | 85 | | 60.5 (12.8) | 122.2 (18.8) | 73.4 (10.8) | | | | | | 26.98 (4.4) | |
| | Placebo (273) | 84 | | 62.4 (11.4) | 121.2 (18.5) | 74.2 (9.1) | | | | | | 26.86 (4.01) | |
| Burr, 2003, 12571649 | Fish + Fish oil [with or without fruit advice] (1571) | 100 | | 61 | 141.9 | 84.8 | | 6.4 | | | | 28.2 | |
| | No intervention [with or without fruit advice] (1543) | 100 | | 61 | 141.6 | 84.6 | | 6.4 | | | | 28.1 | |
| Burr, 1989, 2571009 | Fish + Fish oil [Fish advice, either alone or in combination with fiber advice, fat advice, or both fiber a fat advice.] (1015) | 100 | | 56.7 | 129.7 (21.4) | 79.3 (12.4) | | | | | | 25.8 | |
| | No intervention [Fat advice, fiber advice, fiber a fat advice, or no advice.] (1018) | 100 | | 56.4 | 130.1 (21.0) | 80.2 (12.5) | | | | | | 26 | |

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|----------------------------|--|--------|---|----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------------------|---------------------|
| Carrepeiro, 2011, 21561620 | Total (43) | 0 | 65 white, 14 black, 5 Asian, 16 American Indian | 61.3 (7.8) | | | | 208 (36.8) | 134.8 (34.1) | 50.1 (12.4) | 117.5 (48.5) | 28.2 (4.8) | |
| Carter, 2012, 22707560 | "Fish oil" (DHA+EPA) [fish oil (normotensive)] (19) | 90 | | 24 (SE 2) | 110 (SE 1) | 66 (SE 1) | 80 (SE 1) | | | | | 24 (SE 1) | 68 (SE 3) |
| | Placebo [Olive oil (normotensive)] (19) | 90 | | 24 (SE 2) | 107 (SE 2) | 65 (SE 1) | 79 (SE 1) | | | | | 24 (SE 1) | 70 (SE 2) |
| | "Fish oil" (DHA+EPA) [fish oil prehypertensive] (15) | 100 | | 23 (SE 1) | 127 (SE 1) | 68 (SE 2) | 88 (SE 2) | | | | | 28 (SE 1) | 88 (SE 4) |
| | Placebo [Olive oil prehypertensive] (14) | 92.86 | | 25 (SE 3) | 126 (SE 2) | 74 (SE 2) | 92 (SE 1) | | | | | 27 (SE 1) | 87 (SE 2) |
| Caslake, 2008, 18779276 | Total (312) | 47.76 | | 45 (SE 0.7) | 123 (SE 1) | 74 (SE 1) | | [5.12 (SE 0.06)] | [3.22 (SE 0.05)] | [1.42 (SE 0.02)] | [1.26 (SE 0.03)] | 25.2 (SE 0.19) | 73.0 (SE 0.8) |
| Damsgaard, 2008, 18492834 | "Fish oil" (DHA+EPA) [+ high LA (18:2 n6)] (17) | | | 26.3 (4.8) | 115 (6) | | | [3.99 (SE 0.11)] | [2.58 (SE 0.10)] | [1.48 (SE 0.06)] | [median 0.81] | 21.9 (1.6) | 73.8 (7.9) |
| | "Fish oil" (DHA+EPA) [+ low LA (18:2 n6)] (14) | | | 24.9 (4.9) | | | | [4.08 (SE 0.20)] | [2.66 (SE 0.19)] | [1.50 (SE 0.09)] | [median 1.28] | 22.9 (1.9) | 78.2 (10.2) |
| | No intervention [+ high LA (18:2 n6)] (16) | | | 24.9 (3.9) | | | | [3.68 (SE 0.11)] | [2.33 (SE 0.11)] | [1.36 (SE 0.04)] | [median 0.90] | 23.1 (1.9) | 74.3 (7.4) |
| | No intervention [+ low LA (18:2 n6)] (17) | | | 25.5 (4.4) | | | | [4.12 (SE 0.20)] | [2.71 (SE 0.18)] | [1.50 (SE 0.09)] | [median 1.01] | 23.3 (1.9) | 79.3 (9.3) |
| Derosa, 2009, 19397392 | "Fish oil" (DHA+EPA) (168) | 48.8 | | 51.3 (7.2) | 128.4 (6.5) | 80.6 (6.8) | | 223.4 (15.7) | 148.5 (7.2) | 38.4 (4.2) | 182.6 (39.7) | 26.2 (1.3) | |
| | Placebo [sucrose, mannitol and mineral salts] (165) | 49.7 | | 50.7 (6.8) | 129.6 (6.8) | 81.4 (7.1) | | 227.5 (16.3) | 149.9 (7.5) | 39.7 (5.1) | 189.3 (41.8) | 26.0 (1.1) | |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|--------------------------|---|--------|---------------------------------|--------------------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| Earnest, 2012, 22811376 | Total (92) | 55 | 77 white, 13 black, 10 Hispanic | 52.9 (10.7) range 30, 70 | | | | | | | | 26.3 (4.4) | 80.7 (17.4) |
| | Placebo [placebo] (23) | | | | | | | [4.77 (0.99)] | [2.72 (0.83)] | [1.48 (0.51)] | [1.25 (0.57)] | | |
| | "Fish oil" (DHA+EPA) [fish oil] (21) | | | | | | | [5.47 (0.96)] | [3.42 (0.79)] | [1.48 (0.49)] | [1.25 (0.70)] | | |
| | "Fish oil" (DHA+EPA) [fish oil + multivitamin] (25) | | | | | | | [5.39 (1.14)] | [3.36 (0.93)] | [1.43 (0.51)] | [1.31 (0.83)] | | |
| | Placebo [placebo + multivitamin] (23) | | | | | | | [5.10 (0.83)] | [3.10 (0.74)] | [1.41 (0.41)] | [1.28 (0.70)] | | |
| Ebrahimi, 2009, 19593941 | "Fish oil" (DHA+EPA) (47) | | | 53.5 (12.7) | 130.7 (14.7) | 81.7 (9.7) | | [5.99 (1.07)] | [3.77 (0.89)] | [1.18 (0.15)] | [median 1.76 (1.16, 2.24)] | 30.3 (5.2) | 68.3 (11.7) |
| | No intervention (42) | | | 52.3 (11.1) | 129.6 (19.8) | 78.3 (13.4) | | [5.75 (1.04)] | [3.71 (0.72)] | [1.12 (0.19)] | [5.75 (1.04)] | 30.4 (6.1) | 69.5 (14.6) |
| Einvik, 2010, 20389249 | "Fish oil" (DHA+EPA) [with or without dietary intervention] (282) | 100 | | 70.4 | 149 (17) | | | [6.3 (1.0)] | [4.1 (1.0)] | [1.4 (0.4)] | [1.7 (0.8)] | 26.3 (3.2) | |
| | Placebo [with or without dietary intervention] (281) | 100 | | 69.7 (3.0) | 148 (19) | | | [6.2 (1.0)] | [4.0 (0.9)] | [1.4 (0.4)] | [1.7 (0.9)] | 26.7 (3.7) | |
| | Placebo [no diet intervention] (68) | | | 69 [range 64, 75] | 147 (20) | 83 (11) | | [6.3 (1.0)] | [4.1 (1.0)] | [1.4 (0.4)] | [1.7 (0.9)] | 26.6 (3.7) | |
| | Placebo [diet intervention] (71) | | | 70 range 65, 75 | 149 (19) | 82 (11) | | [6.2 (1.0)] | [4.0 (0.9)] | [1.4 (0.4)] | [1.7 (0.9)] | 26.8 (3.8) | |
| | "Fish oil" (DHA+EPA) [no diet intervention] (70) | | | 70 range 64, 75 | 150 (18) | 83 (12) | | [6.4 (1.0)] | [4.2 (1.0)] | [1.4 (0.4)] | [1.7 (0.8)] | 26.5 (3.4) | |
| | "Fish oil" (DHA+EPA) [diet intervention] (69) | | | 70 range 65, 75 | 149 (18) | 85 (11) | | [6.3 (1.1)] | [4.1 (1.0)] | [1.4 (0.3)] | [1.7 (0.8)] | 26.5 (3.5) | |

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|--------------------------|---|--------|--------|-------------------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------------------|---------------------|
| Eritsland, 1996, 8540453 | "Fish oil" (DHA+EPA) [with aspirin or warfarin] (260) | 85.8 | | 59.9 (8.7) | 144 | 88 | | [6.54 (1.14)] | [4.59 (0.97)] | [1.06 (0.31)] | [1.94 (1.05)] | 25.4 (2.7) | |
| | No intervention [with warfarin or aspirin] (251) | 87.6 | | 59.4 (8.8) | 146 | 88 | | [6.55 (1.16)] | [4.61 (1.09)] | [1.00 (0.27)] | [2.09 (1.07)] | 25.5 (2.8) | |
| Finnegan, 2003, 12663273 | Placebo [Margarine/Capsule] (30) | 60 | | 55 (SE 2) | 123.2 (SE 3.7) | 76 (SE 1.6) | | [5.8 (SE 0.17)] | [3.63 (SE 0.16)] | [1.35 (SE 0.06)] | [1.69 (SE 0.11)] | 25.8 (SE 0.6) | 74.9 (SE 2.1) |
| | "Fish oil" (DHA+EPA) [0.8g] (30) | 57 | | 53 (SE 2) | 119.6 (SE 3.7) | 74.6 (SE 1.7) | | [5.5 (SE 0.16)] | [3.41 (SE 0.17)] | [1.37 (SE 0.07)] | [1.65 (SE 0.14)] | 27.2 (SE 0.6) | 79.1 (SE 2.8) |
| | "Fish oil" (DHA+EPA) [1.7g] (29) | 58 | | 54 (SE 2) | 118.4 (SE 2.9) | 74.8 (SE 2.1) | | [5.49 (SE 0.15)] | [3.42 (SE 0.14)] | [1.34 (SE 0.07)] | [1.60 (SE 0.13)] | 26.1 (SE 0.6) | 78.0 (SE 2.5) |
| | ALA [4.5g] (30) | 57 | | 52 (SE 1) | 118.2 (SE 2.9) | 76.0 (SE 2.0) | | [5.62 (SE 0.14)] | [3.55 (SE 0.13)] | [1.29 (SE 0.06)] | [1.66 (SE 0.13)] | 26.3 (SE 0.6) | 77.3 (SE 2.9) |
| Galan, 2010, 21115589 | Total (2501) | 79.4 | | 60.9 (8.8) | | | | | | | | | |
| | "Fish oil" (DHA+EPA) [+B vitamins] (620) | 79.5 | | 61.5 (9.3) | 133.1 (21.4) | 83.6 (13.2) | | [median 4.5 (3.9, 5.3)] | [median 2.7 (2.2, 3.3)] | [median 1.2 (1.0, 1.4)] | [median 1.2 (0.9, 1.6)] | 27.6 (4.4) | |
| | "Fish oil" (DHA+EPA) (633) | 79.2 | | 61.4 (9.3) | 134.1 (21.9) | 84.0 (12.9) | | [median 4.5 (3.9, 5.3)] | [median 2.7 (2.2, 3.3)] | [median 1.2 (1.0, 1.3)] | [median 1.2 (0.9, 1.6)] | 27.5 (4.0) | |
| | Placebo [+B vitamins] (622) | 79.9 | | 61.4 (8.7) | 133.5 (22.2) | 84.0 (13.7) | | [median 4.6 (3.9, 5.3)] | [median 2.7 (2.2, 3.2)] | [median 1.2 (1.0, 1.4)] | [median 1.3 (0.9, 1.7)] | 27.7 (4.0) | |
| | Placebo (626) | 79.2 | | 61.4 (8.9) | 132.6 (20.0) | 82.6 (12.1) | | [median 4.5 (3.9, 5.1)] | [median 2.6 (2.2, 3.2)] | [median 1.1 (1.0, 1.3)] | [median 1.1 (0.9, 1.7)] | 27.5 (3.8) | |
| Grieger, 2014, 24454276 | Total (80) | 49 | | 69.5 (5.8) range 64, 85 | | | | | | | | | |
| | Fish [mixed fish] (43) | | | | 126 (SE 2) | 69 (SE 1) | | [5.5 (SE 0.1)] | [3.2 (SE 0.1)] | [1.7 (SE 0.1)] | [1.1 (SE 0.1)] | 26.5 (SE 0.6) | 75.7 (SE 2.2) |

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|---------------------------|--|--------|----------|---------------------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| | Low n3 diet [Control (usual diet, eight servings of red meat per fortnight)] (37) | | | | 126 (SE 2) | 67 (SE 1) | | [5.5 (SE 0.2)] | [3.3 (SE 0.1)] | [1.6 (SE 0.1)] | [1.4 (SE 0.1)] | 26.4 (SE 0.6) | 73.8 |
| Grimsgaard, 1998, 9665096 | DHA (72) | | | 43.2 (5.1) | 121.3 (9.3) | 76.1 (6.9) | 90.6 (7.3) | [6.00 (0.95)] | [4.06 (0.86)] | [1.36 (0.30)] | [1.24 (0.58)] | 24.9 (2.6) | |
| | EPA (75) | | | 44.3 (5.2) | 123.2 (9.8) | 78.1 (7.3) | 92.9 (8.0) | [5.98 (0.94)] | [4.06 (0.83)] | [1.33 (0.31)] | [1.23 (0.57)] | 25.6 (2.9) | |
| | Placebo [corn oil] (77) | | | 45.1 (5.6) | 122.2 (5.7) | 76.9 (8.0) | 91.8 (9.1) | [6.02 (1.08)] | [4.04 (0.98)] | [1.41 (0.28)] | [1.22 (0.55)] | 24.6 (2.7) | |
| Harrison, 2004, 15853118 | DHA [food with added DHA; with or without added soya protein] (67) | 50.5 | | 52 | 130.9 | 81.1 | | [7.1] | [5.65] | [1.65] | | 27.4 | |
| | Placebo [same food but with no added DHA; with or without added soya protein] (85) | 54.4 | | 52 | 134.7 | 81.8 | | [6.7] | [5.0] | [1.7] | | 27.2 | |
| Holman, 2009, 19002433 | "Fish oil" (DHA+EPA) [+Atorvastatin] (163) | 55 | 91 white | median 63 (range 57, 72) | 138.8 (15.5) | 77.4 (9.9) | | [5.1 (0.9)] | [3.3 (0.8)] | [1.1 (0.9)] | [median 1.6 (1.1, 2.1)] | 30.8 (6.6) | 87.5 (20.6) |
| | "Fish oil" (DHA+EPA) (160) | 56 | 91 white | median 64 (range 55, 572) | 135.7 (15.5) | 76.9 (8.9) | | [5.0 (0.8)] | [3.1 (0.7)] | [1.1 (0.7)] | [median 1.5 (1.0, 2.2)] | 30.8 (6.5) | 87.8 (18.6) |
| | Placebo [+Atorvastatin] (169) | 61 | 92 white | median 64 (range 55, 72) | 139.4 (14.8) | 78.2 (9.2) | | [5.0 (0.9)] | [3.2 (0.7)] | [1.1 (0.9)] | [median 1.5 (1.1, 2.3)] | 30.9 (6.0) | 88.4 (18.6) |
| | Placebo (166) | 58 | 88 white | median 65 (range 57, 73) | 139.8 (15.9) | 78.8 (9.2) | | [5.0 (1)] | [3.1 (0.8)] | [1.1 (0.9)] | [median 1.5 (1.2, 2.2)] | 30.6 (5.8) | 87.3 (18.5) |
| Jones, 2014, 24829493 | Total (130) | 54 | | 46.46 (14.18) | 120.62 (16.70) | 77.04 (11.80) | | [5.32 (1.05)] | [3.35 (0.93)] | [1.22 (0.29)] | [1.67 (0.88)] | 29.80 (4.37) | |

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|--------------------------|--|--------|---|----------------|--------------------|--------------------|--------------------|--|-------------------------------|--------------------------------|--|---------------------|---------------------|
| Kastelein 2014 24528690 | Placebo [olive oil] (98) | 77.8 | 96 white, 4 Asian, 6.1 Hispanic | 50.8 (10.6) | 130.4 (12.1) | 80.5 (6.2) | | median 246 (range 135, 409) | median 78.2 (range 22.7, 161) | median 28.7 (range 14, 60) | median 682 (range 418, 2007) | 30.4 (4.3) | |
| | "Fish oil" (DHA+EPA) [Omega3 2 g/d; olive oil 2 g/d] (99) | 80.0 | 93 white, 5 Asian, 8 Hispanic, 2 other | 51.1 (9.8) | 130.1 (12.4) | 80.9 (7.7) | | Median 241 (range 131, 542) | median 77.3 (range 19.7, 182) | median 27.3 (range 13.3, 47.3) | median 717 (range 415, 1578) | 31.4 (4.8) | |
| | "Fish oil" (DHA+EPA) [Omega3 3 g/d, olive oil 1 g/d] (97) | 78.2 | 91.1 white, 1 black, 5.9 Asian, 4 Hispanic, 2 other | 51.2 (8.8) | 129.2 (11.1) | 81.1 (7.5) | | median 244 (range 151, 641) | median 81.0 (range 19.7, 213) | median 28.0 (range 15.3, 58.7) | median 728 (range 439, 2158) | 31.8 (4.1) | |
| | "Fish oil" (DHA+EPA) [Omega3 4 g/d] (99) | 71.7 | 88.9 white, 2 black, 8.1 Asian, 7.1 Hispanic, 1 other | 52.9 (10.9) | 129.6 (12.1) | 80.7 (7.6) | | median 254 (range 119, 564) | median 90.3 (range 11.7, 223) | median 28.7 (range 12.7, 69.3) | median 655 (range 435, 2095) | 31.0 (5.1) | |
| Kromhout, 2010, 20929341 | All n3 PUFAs (ALA+DHA+EPA) [EPADHA + ALA margarine] (1212) | 78.1 | | 69.1 (5.5) | 140.9 (22.1) | | | [4.69 (0.96)] | [2.55 (0.81)] | [1.29 (0.33)] | [median 1.64 (1.19, 2.26)] | 27.8 (4.0) | |
| | "Fish oil" (DHA+EPA) [EPADHA + ALA placebo margarine] (1192) | 78.1 | | 69.1 (5.6) | 142.3 (21.6) | | | [4.77 (0.98)] | [2.63 (0.84)] | [1.29 (0.35)] | [median 1.63 (1.22, 2.30)] | 27.7 (3.7) | |
| | ALA [EPA-DHA placebo + ALA margarine] (1197) | 77.9 | | 69.0 (5.6) | 141.4 (21.2) | | | [4.70 (0.95)] | [2.57 (0.83)] | [1.28 (0.34)] | [median 1.65 (1.21, 2.31)] | 27.8 (3.8) | |
| | Placebo [EPA-DHA placebo + ALA placebo margarine] (1236) | 78.7 | | 68.9 (5.6) | 141.9 (21.6) | | | [4.75 (0.99)] | [2.60 (0.87)] | [1.28 (0.34)] | [median 1.69 (1.22, 2.38)] | 27.8 (3.9) | |

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|------------------------------|--|--------|------------|--|--|---|--------------------|---|---|---|---|--|---------------------|
| Kuhnt 2014, 24553695 | SDA+ALA (echium oil) (59) | 47.5 | | EOI: 28 (2.9); EOII: 59 (5.7); EOIII: 61 (6.3) | EOI: 125 (10.4); EOII: 135 (19.9); EOIII: 141 (15.6) | EOI: 82 (8.9); EOII: 90 (12); EOIII: 91 (7.9) | | [EOI: 4.52 (0.68); EOII: 5.71 (1.24); EOIII: 6.30 (1.02)] | [EOI: 1.48 (0.67); EOII: 1.58 (0.66); EOIII: 1.33 (0.75)] | [EOI: 1.43 (0.30); EOII: 1.58 (0.47); EOIII: 1.33 (0.32)] | [EOI: 0.89 (0.36); EOII: 1.14 (0.42); EOIII: 1.82 (0.88)] | EOI: 22 (2.3); EOII: 23.5 (2.4); EOIII: 30.1 (3.3) | |
| | "Fish oil" (DHA+EPA) (19) | 52.6 | | FOI: 27 (2.5); FOII: 60 (4.2) | FOI: 136 (13.6); FOII: 136 (18.7) | FOI: 88 (7.7); FOII: 88 (7.8) | | [FOI: 4.59 (0.62); FOII: 5.73 (0.80)] | [FOI: 2.49 (0.66); FOII: 3.08 (0.70)] | [FOI: 1.65 (0.34); FOII: 1.92 (0.59)] | [FOI: 0.77 (0.21); FOII: 0.90 (0.32)] | FOI: 21.5 (2.6); FOII: 24.8 (3.1) | |
| Leaf, 2005, 16267249 | "Fish oil" (DHA+EPA) (200) | 84.5 | 95.5 white | 65.7 (0.82) | | | | | | | | | |
| | Placebo [olive oil] (202) | 81.7 | 95.5 white | 65.3 (0.82) | | | | | | | | | |
| Liu, 2003, no PMID | "Fish oil" (DHA+EPA) (29) | 48.3 | | 60 (9) | | | | [7.00 (1.08)] | [4.67 (0.99)] | [1.53 (0.41)] | [1.66 (0.78)] | | |
| | "Fish oil" (DHA+EPA) [Fish oil + Simvastin] (19) | 21.1 | | 62 (7) | | | | [6.69 (0.97)] | [4.49 (0.93)] | [1.43 (0.32)] | [1.75 (0.76)] | | |
| | No intervention [Simvastin] (18) | 22.2 | | 63 (8) | | | | [7.04 (0.81)] | [4.46 (0.67)] | [1.66 (0.58)] | [1.54 (0.95)] | | |
| | No intervention (22) | 22.7 | | 57 (10) | | | | [6.77 (0.75)] | [4.50 (0.72)] | [1.53 (0.43)] | [1.61 (0.83)] | | |
| Lungershausen, 1994, 7852747 | Total (42) | 30.95 | | 61 (11.34) | 132.57 (11.43) | 76.52 (7.23) | | [5.74 (SE 0.21)] | [4.04 (SE 0.19)] | [1.03 (SE 0.04)] | | 27.33 (3.93) | |
| Macchia, 2013, 23265344 | Placebo (297) | 51.9 | | 65.9 (10.5) | | | | | | | | | 83 (19) |
| | "Fish oil" (DHA+EPA) (289) | 57.8 | | 66.3 (12.0) | | | | | | | | | 81 (16) |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|----------------------------------|---|--------|---|----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| Maki, 2010, 20451686 | "Fish oil" (DHA+EPA) [POM3 + Simvastin] (122) | 54.1 | 95.1 white, 1.6 black, 2.5 Asian, 0.8 Hispanic | 60.3 (10.1) | | | | 183.1 (27.8) median 184.3 | 89.2 (21.6) median 90.7 | 47.3 (11.9) median 46.0 | 282.0 (75.8) median 267.8 | 31.0 (5.4) | |
| | Placebo [Placebo + Simvastin] (132) | 60.6 | 96.2 white, 2.3 black, 2.3 Hispanic | 59.3 (10.8) | | | | 186.0 (32.1) median 183.5 | 92.3 (23.2) median 88.2 | 44.7 (9.3) median 43.3 | 286.7 (77.5) median 270.7 | 31.5 (5.5) | |
| Maki, 2013, 23998969 | Placebo (211) | 56.7 | 91.6 white, 4.7 black, 1.4 Asian, 2.3 American Indian or Alaska native, native Hawaiian, or Pacific Islander, multiple, other | 61.5 (9.6) | 128.9 (14.3) | 76.1 (7.7) | | 174 (29.5) | 91.7 (27.3) | 38.3 (9.0) | 280 (70.7) | 32.7 (5.3) | |
| | All n3 PUFAs (ALA+DHA+EPA) [2 g] (209) | 57.2 | 96.3 white, 3.3 black, 1 other | 60.9 (10) | 128.3 (15) | 75.7 (8.9) | | 179 (29.1) | 92.3 (26.0) | 38.7 (9.9) | 284 (76.7) | 33.3 (6.2) | |
| | All n3 PUFAs (ALA+DHA+EPA) [4 g] (207) | 63.4 | 94.4 white, 2.3 black, 1.9 Asian, 1.4 other | 60.1 (9.2) | 129.7 (13.3) | 77.1 (9.0) | | 178 (29.1) | 93.6 (27.6) | 38.8 (10.9) | 287 (82.8) | 33.3 (6.6) | |
| Marchioli, 2002, 11997274, Italy | "Fish oil" (DHA+EPA) [+vitamin E. (5666) | 84.7 | | 59.4 | | | | 210.2 | 137.3 | 41.5 | 162.6 | >30 (14.7%) | |
| | No intervention [+vitamin E. (5668) | 85.1 | | 59.4 | | | | 211.6 | 138.5 | 41.7 | 161.9 | >30(13.8%) | |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|------------------------------|----------------------------------|--------|--------|----------------|-----------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|-------------------------|---------------------|
| Natvig, 1968, 5756076 | Placebo (6690) | 100 | | range 49, 61 | | | | | | | | | range 60, >90 |
| | ALA (6716) | 100 | | range 49, 61 | | | | | | | | | range 60, >90 |
| Nilsen, 2001, 11451717 | "Fish oil" (DHA+EPA) (150) | 76.7 | | | 124.5 (range 90,195) | | | | | | | 25.9 (range 16.9, 41.8) | |
| | Placebo (150) | 82.0 | | | 122.1 (range 80, 190) | | | | | | | 26.0 (range 19.4, 33.6) | |
| Nodari, 2011, 21844082 | All n3 PUFAs (ALA+DHA+EPA) (100) | 70 | | 70 (6) | 134 (20) | 82 (10) | | | | | | 23.8 (5.2) | 77.0 (12.8) |
| | Placebo (99) | 63.6 | | 69 (9) | 136 (16) | 82 (9) | | | | | | 23.6 (5.3) | 76.5 (10.1) |
| | "Fish oil" (DHA+EPA) (67) | 95.5 | | 61 (11) | 119.5 (9.2) | 76.0 (5.2) | | 187 (26) | | | 149 (62) | 25.9 (2.3) | 76.9 (10.1) |
| | Placebo (66) | 84.9 | | 64 (9) | 120.5 (12.2) | 76.2 (5.1) | | 187 (28) | | | 154 (76) | 25.7 (2.22) | 76.0 (7.5) |
| Oh, 2014, 25147070 | Placebo (42) | 54.8 | | 54 (9) | | | | 201 (29) | 111 (34) | 42 (8) | 281 (63) | | |
| | "Fish oil" (DHA+EPA) [1g] (44) | 50.0 | | 55 (9) | | | | 197 (29) | 109 (32) | 41 (8) | 286 (73) | | |
| | "Fish oil" (DHA+EPA) [2g] (43) | 53.5 | | 54 (9) | | | | 195 (31) | 109 (33) | 43 (7) | 267 (118) | | |
| | "Fish oil" (DHA+EPA) [4g] (44) | 52.3 | | 55 (8) | | | | 198 (30) | 110 (33) | 40 (7) | 287 (73) | | |
| Olano-Martin, 2010, 19748619 | Total (38) | 100 | | range 18, 70 | | | | [range <8] | | | [range 1, 4] | (range 18.5, 32) | |
| | Placebo (38) | 100 | | range 18, 70 | | | | [5.44 (SE 0.14)] | [3.54 (SE 0.13)] | [1.33 (SE 0.05)] | [1.39 (SE 0.08)] | | |
| | EPA [3.3g EPA /day] (38) | 100 | | range 18, 70 | | | | [5.56 (SE 0.16)] | [3.53 (SE 0.14)] | [1.32 (SE 0.05)] | [1.62 (SE 0.15)] | | |
| | DHA [3.7g DHA/ day] (38) | 100 | | range 18, 70 | | | | [5.58 (SE 0.17)] | [3.61 (SE 0.14)] | [1.31 (SE 0.05)] | [1.50 (SE 0.11)] | | |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|------------------------------|---|--------|--------------|---------------------|----------------------|---------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| Pase 2015 25565485 | "Fish oil" (DHA+EPA 3g + multivitamin) (43) | 47.6 | | 59.5 (5.6) | 125.8 (21.0) | 77.2 (13.3) | | | [3.30 (0.71)] | [1.52 (0.42)] | [1.22 (0.50)] | 25.5 (3.6) | |
| | "Fish oil" (DHA+EPA 6g + multivitamin) (39) | 47.5 | | 58.9 (5.6) | 122.6 (16.9) | 75.5 (10.9) | | | [3.51 (0.72)] | [1.61 (0.39)] | [1.19 (0.68)] | 24.4 (3.1) | |
| | "Fish oil" (DHA+EPA 6g) (41) | 46.3 | | 59.5 (5.9) | 126.3 (16.9) | 77.7 (9.8) | | | [3.37 (0.84)] | [1.56 (0.44)] | [1.16 (0.60)] | 25.3 (4.0) | |
| | Placebo (37) | 45.9 | | 59.2 (6.0) | 121.4 (12.5) | 74.6 (12.1) | | | [3.27 (0.72)] | [1.57 (0.36)] | [1.00 (0.43)] | 24.2 (2.8) | |
| Pieters 2015, 25226826 | Total (32) | 50 | | 51 (15) | 130 (20) | 85 (12) | | [5.94 (0.93)] | [3.69 (0.73)] | [1.66 (0.37)] | [1.3 (0.61)] | 28.9 (3) | |
| Raitt, 2005, 15956633 | "Fish oil" (DHA+EPA) (100) | 86 | 94 white | 63 (13) | | | | | | | | | |
| | Placebo (100) | 86 | 97 white | 62 (13) | | | | | | | | | |
| Ras 2014 25122648 | "Fish oil" (DHA+EPA) [2.5 g/day plant sterols + 1.8 g/day EPA+DHA] (62) | 19.4 | | 59.4 (SE 1.3) | 126.7 SE (1.8) | 76.8 (SE 1.0) | | [6.36 (SE 0.10)] | [3.89 (SE 0.10)] | 1.64 (SE 0.04)] | [1.02 (SE 0.05)] | 24.3 (SE 0.4) | |
| | "Fish oil" (DHA+EPA) [2.5 g/day plant sterols + 1.3 g/day EPA+DHA] (62) | 22.6 | | 59.9 (SE 1.2) | 129.6 SE (1.8) | 79.0 (SE 0.8) | | [6.60 (SE 0.12)] | [4.06 (SE 0.10)] | 1.68 (SE 0.05)] | [1.09 (SE 0.06)] | 25.7 (SE 0.3) | |
| | "Fish oil" (DHA+EPA) [2.5 g/day plant sterols + 0.9 g/day EPA+DHA] (64) | 29.7 | | 55.8 (SE 1.4) | 130.0 SE (1.9) | 77.6 (SE 0.9) | | [6.49 (SE 0.10)] | [4.10 (SE 0.09)] | 1.57 (SE 0.05)] | [1.11 (SE 0.08)] | 25.1 (SE 0.3) | |
| | Placebo [2.5 g/day plant sterols] (64) | 29.7 | | 58.3 (SE 1.5) | 127.7 SE (1.9) | 77.5 (SE 1.0) | | [6.39 (SE 0.11)] | [3.91 (SE 0.09)] | 1.67 (SE 0.06)] | [1.13 (SE 0.07)] | 24.6 (SE 0.3) | |
| Rasmussen, 2006, 16469978 | Total (97) | 59 | 100 white | | | | | | | | | | |
| | Placebo [+MUFArich diet] (23) | | | 47.0 (8.8) | 123.1 (16.6) | 77.8 (9.9) | | | | | | 26.1 (3.2) | |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|---------------------------------|--|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|--------------------------|---------------------|
| | "Fish oil" (DHA+EPA) [+MUFARich diet] (24) | | | 49.5 (7.3) | 122.4 (12.9) | 74.6 (9.1) | | | | | | 26.5 (3.1) | |
| | Placebo [+SFARich diet] (25) | | | 49.3 (7.1) | 121.6 (11.5) | 77.2 (7.6) | | | | | | 26.3 (2.7) | |
| | "Fish oil" (DHA+EPA) [+SFARich diet] (25) | | | 48.5 (8.0) | 122.7 (11.4) | 77.1 (9.0) | | | | | | 26.9 (3.0) | |
| Rauch, 2010, 21060071 | All n3 PUFAs (ALA+DHA+EPA) (1919) | 75.1 | | median 64 (54, 72) | [140 (120, 160)] | | | | | | | median 27.6 (25.1, 30.4) | |
| | Placebo (1885) | 73.7 | | median 64 (54, 72) | [140 (120, 160)] | | | | | | | median 27.3 (24.9, 30.1) | |
| Rodriguez-Leyva, 2013, 24126178 | Total (87) | | | 67.3 (8.5) | 142.9 (20.1) | 77.5 (12.8) | | [4.5 (1.2)] | [2.5 (1.0)] | [1.2 (0.3)] | [1.6 (0.7)] | 27.8 (4.5) | |
| | All n3 PUFAs (ALA+DHA+EPA) [flaxseed group] (45) | | | 67.4 (8.06) | 143.3 (22.2) | 77.0 (9.5) | | [4.4 (1.1)] | [2.5 (1.0)] | [1.2 (0.3)] | [1.6 (0.7)] | 27.4 (4.4) | |
| | Placebo (42) | | | 65.3 (9.4) | 142.4 (17.5) | 79.0 (15.7) | | [4.5 (1.3)] | [2.6 (1.0)] | [1.2 (0.3)] | [1.7 (0.8)] | 28.1 (4.4) | |
| Roncaglioni, 2013, 23656645 | "Fish oil" (DHA+EPA) (6244) | 62.3 | | 63.9 (9.3) | 140.3 (15.2) | 82.9 (8.2) | | 215.6 (43.9) | 131.8 (36.9) | 50.9 (13.3) | median 150 | 29.3 (4.9) | |
| | No intervention (6269) | 60.6 | | 64.0 (9.6) | 140.1 (15.1) | 82.5 (8.2) | | 216.5 (42.2) | 132.5 (36.1) | 51.2 (13.4) | median 150 | 29.4 (5.0) | |
| Sacks, 1994, 8021472 | Total (350) | 70 | range 84, 88 white | 43 (6.7) | | | | | | | | | |
| | "Fish oil" (DHA+EPA) (175) | | | | 122.9 (8.8) | 81.0 (5.1) | | 190 (29) | | 46 (13) | | | |
| | Placebo (175) | | | | 122.6 (8.3) | 81.1 (4.9) | | 189 (32) | | 45 (12) | | | |
| Sacks, 1995, 7759696 | "Fish oil" (DHA+EPA) (31) | 93.5 | | 62 (7) | 126 (29) | 76 (16) | | 189 (33) | 122 (29) | 41 (9) | 128 (67) | | 80 (14) |
| | Placebo (28) | 92.9 | | 62 (7) | 133 (19) | 77 (7.6) | | 184 (28) | 117 (27) | 40 (12) | 137 (73) | | 79 (15) |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|-------------------------|---|--------|---|--------------------|-----------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---|---------------------|
| Sanders, 2011, 21865334 | "Fish oil" (DHA+EPA) [EPA+DHA 0.45 g/d] (80) | 38.3 | 80.9 white, 4.3 black, 6.4 Asian, 4.3 far eastern, 4.3 other | 55 (95% CI 53, 56) | 121 (95% CI 118, 124) | 77 (95% CI 75, 79) | | | | | | 25 (women); 26 (men) (95% CI 24, 26; 95% CI 25, 27) | |
| | "Fish oil" (DHA+EPA) [EPA+DHA 0.9 g/d] (79) | 38.7 | 78.5 white, 6.5 black, 10.8 Asian, 4.3 other | 55 (95% CI 54, 56) | 122 (95% CI 119, 125) | 78 (95% CI 76, 80) | | | | | | 26 (women); 27(men) (95% CI 24, 27; 95% CI 26, 28) | |
| | "Fish oil" (DHA+EPA) [EPA+DHA 1.8 g/d] (80) | 39.1 | 85.9 white, 1.1 black, 2.2 Asian, 4.3 far eastern, 6.5 other | 55 (95% CI 54, 57) | 121 (95% CI 117, 124) | 76 (95% CI 75, 78) | | | | | | 25 (women); 26 (men) (95% CI 24, 26; 95% CI 25, 27) | |
| | Placebo [olive oil] (71) | 38.6 | 77.3 white, 10.2 black, 6.8 Asian, 2.3 far eastern, 3.4 other | 55 (95% CI 54, 57) | 120 (95% CI 117, 124) | 77 (95% CI 75, 79) | | | | | | 26 (women); 27(men) (95% CI 25, 27; 95% CI 26, 28) | |
| Shaikh, 2014, 25185754 | "Fish oil" (DHA+EPA) (56) | 58.9 | | 53.4 | | | 92.5 | [5.0] | [3.2] | [1.05] | [2.3] | 31.7 | |
| | Placebo (corn oil) (54) | 48.1 | | 53.8 | | | 93.6 | [4.6] | [2.7] | [1.1] | [2.2] | 32.1 | |
| Shidfar, 2003, 12847992 | Placebo [placebo of n3 a placebo of vitamin C] (19) | 36.8 | | 54.4 (12.2) | | | | 250.7 (46.3) | 167.4 (38.2) | 39.2 (9.3) | 311.5 (100.2) | 27.6 (3) | 72 (10.8) |
| | Placebo [500 mg vitamin C + placebo of n3] (17) | 35.3 | | 51.8 (10.7) | | | | 243.5 (35.3) | 160.6 (41.5) | 37.2 (5.6) | 315 (98) | 27.8 (2.9) | 79 (8.7) |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|-------------------------|--|--------|--------------|----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| | All n3 PUFAs (ALA+DHA+EPA) [1g n3 + placebo of vitamin C] (16) | 31.25 | | 54.4 (11.7) | | | | 243.4 (36.9) | 159.6 (45.4) | 39.1 (9.6) | 304 (88.4) | 26.9 (2.2) | 74.3 (10.2) |
| | All n3 PUFAs (ALA+DHA+EPA) [1g n3 + 500 mg vitamin C] (16) | 31.25 | | 58.9 (7) | | | | 236.7 (49.9) | 150.8 (47.4) | 53.3 (10.4) | 297.3 (74.1) | 26.4 (2.6) | 69.9 (12) |
| Sirtori, 1997, 9174486 | All n3 PUFAs (ALA+DHA+EPA) (470) | 62.6 | | 58.2 (9.09) | | | | | | | | | 74.0 (10.44) |
| | Placebo (465) | 62.2 | | 58.8 (8.99) | | | | | | | | | 73.7 (10.08) |
| Soares, 2014, 24652053 | Total (70) | 28.6 | | | | | | | | | | | |
| | Placebo [dietary intervention a placebo] (18) | | | 51.6 (13.4) | 134.4 (35.1) | 85.3 (21.2) | | | | 47.3 (14.1) | 199.6 (126.3) | 32.8 (8.1) | |
| | "Fish oil" (DHA+EPA) [dietary intervention a Omega 3 supplementation] (20) | | | 52 (12.5) | 130.2 (31.7) | 83.9 (23.1) | | | | 44.65 (14.9) | 193.8 (93.2) | 34.1 (7.9) | |
| | Placebo [dietary intervention a placebo and exercise] (15) | | | 50.8 (13.4) | 131.1 (36.6) | 84.3 (22.4) | | | | 45.7 (15.7) | 194.5 (96.3) | 32.3 (8.9) | |
| | "Fish oil" (DHA+EPA) [dietary intervention a Omega 3 and exercise] (17) | | | 51 (14.7) | 131.6 (36.3) | 78.2 (20.3) | | | | 40.8 (12.3) | 198.6 (76.3) | 33.5 (8.6) | |
| Tardivo, 2015, 25394692 | "Fish oil" (DHA+EPA) [omega-3 + diet] (33) | 0 | 100 Hispanic | 55.1 (6.6) | 138.8 (14.4) | 86.2 (8.8) | | 219.1 (33.2) | 134.8 (29.6) | 45.9 (6.2) | 192.5 (65.4) | 32.8 (4.7) | |
| | Placebo [diet] (30) | 0 | 100 Hispanic | 55.0 (7.3) | 135.5 (12.1) | 85.3 (6.9) | | 221.5 (39.3) | 134.3 (35.0) | 44.6 (8.2) | 188.6 (57.4) | 32.0 (4.6) | |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m2 | Weight mean (SD) Kg |
|-------------------------|--|--------|--------|-----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------|---------------------|
| Tatsuno, 2013, 24314359 | "Fish oil" (DHA+EPA) [TAK085 2 g/day] (206) | 70.8 | | 56 (10.95) | | | | | 133.2 (29.85) | | 254.7 (97.8) | 25.9 (3.7) | |
| | "Fish oil" (DHA+EPA) [TAK085 4 g/day] (210) | 71.5 | | 55.9 (10.12) | | | | | 129.0 (30.26) | | 270.0 (101.2) | 26.1 (3.5) | |
| | EPA [EPA 1.8 g/day] (195) | 71.3 | | 55.8 (9.27) | | | | | 129.3 (33.0) | | 264.2 (111.6) | 26.3 (3.3) | |
| Tatsuno, 2013, 23725919 | "Fish oil" (DHA+EPA) [TAK085 2 g/day] (206) | 77.7 | | 53.9 (10.8) | | | | 211.9 (31.1) | 127.4 (29.1) | 45.8 (9.9) | 269.0 (77.52) | 26.6 (3.7) | |
| | "Fish oil" (DHA+EPA) [TAK085 4 g/day] (210) | 74.8 | | 55.0 (10.5) | | | | 212.0 (30.2) | 125.7 (28.5) | 45.7 (9.9) | 277.5 (97.29) | 26.3 (3.9) | |
| | EPA [EPA 1.8 g/day] (195) | 80.5 | | 55.6 (10.5) | | | | 215.2 (33.8) | 130.1 (30.5) | 45.6 (10.2) | 271.8 (91.53) | 26.3 (3.6) | |
| Tavazzi, 2008, 18757090 | "Fish oil" (DHA+EPA) [n3 PUFA] (3494) | 77.8 | | 67 (11) | 126 (18) | 77 (10) | | | | | [median 1.42 (1.05, 1.98)] | 27 (5) | |
| | Placebo [olive oil] (3481) | 78.8 | | 67 (11) | 126 (18) | 77 (10) | | | | | | 27 (5) | |
| Tierney, 2011, 20938439 | Total (206) | 80 | | | | | | | | | | | |
| | Low n3 diet [LFHCC] (106) | | | 54.7 (SE 0.91) | 139.53 (SE 1.46) | 85.50 (SE 0.87) | | [5.22 (SE 0.10)] | [3.17 (SE 0.11)] | [1.09 (SE 0.03)] | [1.67 (SE 0.10)] | 32.51 (SE 0.42) | 91.96 (SE 1.38) |
| | All n3 PUFAs (ALA+DHA+EPA) [LFHCC n3 (only diet with added n3 supplement)] (100) | | | 55.39 (SE 0.96) | 137.73 (SE 1.52) | 85.52 (SE 0.91) | | [5.38 (SE 0.11)] | [3.31 (SE 0.12)] | [1.11 (SE 0.03)] | [1.68 (SE 0.11)] | 32.42 (SE 0.43) | 91.20 (SE 1.43) |
| Vazquez, 2014, 24462043 | Total (257) | 52.4 | | 57.3 | 140.5 | 83.9 | | 197.6 | 119.8 | 46.2 | 170.6 | 32.6 | |
| Vecka, 2012, 23183517 | Total (60) | 65 | | 52.4 | | | | | [3.22] | [1.19] | [3.23] | | 89.6 |

| Author, year, PMID | Arm (N) | Male % | Race % | Age mean years | SBP mean (SD) mmHg | DBP mean (SD) mmHg | MAP mean (SD) mmHg | Total Cholesterol mean (SD) mg/dL [mmol/L] | LDL mean (SD) mg/dL [mmol/L] | HDL mean (SD) mg/dL [mmol/L] | Triglycerides mean (SD) mg/dL [mmol/L] | BMI mean (SD) Kg/m ² | Weight mean (SD) Kg |
|-----------------------------|---|--------|--------|----------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|--|---------------------------------|---------------------|
| von Schacky, 1999, 10189324 | "Fish oil" (DHA+EPA) (112) | 82.0 | | 57.8 (9.7) | 132.0 (18.9) | 80.7 (10.5) | | [6.30 (1.12)] | [4.10 (1.06)] | [1.32 (0.34)] | [2.20 (1.33)] | | 78.7 (12.6) |
| | No intervention (111) | 78.6 | | 58.9 (8.1) | 129.6 (17.8) | 79.8 (9.6) | | [6.10 (1.13)] | [4.00 (0.91)] | [1.30 (0.36)] | [2.16 (1.10)] | | 78.3 (11.1) |
| Yokoyama, 2007, 17398308 | EPA [EPA+statin (atorvastatin or simvastatin)] (9326) | 32 | | 61 (8) | 135 (21) | 79 (13) | | [7.11 (0.67)] | [4.69 (0.76)] | [1.52 (0.46)] | [median 1.73 (1.23, 2.48)] | 24 (3) | |
| | All arms (XO study) (9319) | 31 | | 61 (9) | 135 (21) | 79 (13) | | [7.11 (0.68)] | [4.70 (0.75)] | [1.51 (0.44)] | [median 1.74 (1.25, 2.49)] | 24 (3) | |