

Appendix F

Observational results: stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
2	He 2002 12495393	Health Professional Follow-up Study	Stroke, total	stroke defined as sudden or rapid onset of a typical neurological defect of more than 24-hour duration or leading to death that was attributable to cerebrovascular event	Healthy	Healthy 40-75 yo men without diagnosis of myocardial infarction, angina, stroke, transient ischemic attack, or peripheral arterial disease, or had undergone coronary artery surgery.	Men	608/43671 (1.39)	12 y	EPA+DHA	Intake	No
3	He 2002 12495393	Health Professional Follow-up Study	Stroke, total	stroke defined as sudden or rapid onset of a typical neurological defect of more than 24-hour duration or leading to death that was attributable to cerebrovascular event	Healthy	Healthy 40-75 yo men without diagnosis of myocardial infarction, angina, stroke, transient ischemic attack, or peripheral arterial disease, or had undergone coronary artery surgery.	Men	608/43671 (1.39)	12 y	EPA+DHA	Intake	No
4	He 2002 12495393	Health Professional Follow-up Study	Stroke, total	stroke defined as sudden or rapid onset of a typical neurological defect of more than 24-hour duration or leading to death that was attributable to cerebrovascular event	Healthy	Healthy 40-75 yo men without diagnosis of myocardial infarction, angina, stroke, transient ischemic attack, or peripheral arterial disease, or had undergone coronary artery surgery.	Men	608/43671 (1.39)	12 y	EPA+DHA	Intake	No
5	He 2002 12495393	Health Professional Follow-up Study	Stroke, total	stroke defined as sudden or rapid onset of a typical neurological defect of more than 24-hour duration or leading to death that was attributable to cerebrovascular event	Healthy	Healthy 40-75 yo men without diagnosis of myocardial infarction, angina, stroke, transient ischemic attack, or peripheral arterial disease, or had undergone coronary artery surgery.	Men	608/43671 (1.39)	12 y	EPA+DHA	Intake	No
6	He 2002 12495393	Health Professional Follow-up Study	Stroke, total	stroke defined as sudden or rapid onset of a typical neurological defect of more than 24-hour duration or leading to death that was attributable to cerebrovascular event	Healthy	Healthy 40-75 yo men without diagnosis of myocardial infarction, angina, stroke, transient ischemic attack, or peripheral arterial disease, or had undergone coronary artery surgery.	Men	608/43671 (1.39)	12 y	EPA+DHA	Intake	No
7	Iso 2001 11176840	Nurses' Health Study	Stroke, total	nd	Healthy	Healthy 34-59 yo female nurses	Women	608/43671 (1.39)	14 y	EPA+DHA	Intake	no
8	Iso 2001 11176840	Nurses' Health Study	Stroke, total	nd	Healthy	Healthy 34-59 yo female nurses	Women	608/43671 (1.39)	14 y	EPA+DHA	Intake	no
9	Iso 2001 11176840	Nurses' Health Study	Stroke, total	nd	Healthy	Healthy 34-59 yo female nurses	Women	608/43671 (1.39)	14 y	EPA+DHA	Intake	no
10	Iso 2001 11176840	Nurses' Health Study	Stroke, total	nd	Healthy	Healthy 34-59 yo female nurses	Women	608/43671 (1.39)	14 y	EPA+DHA	Intake	no
11	Iso 2001 11176840	Nurses' Health Study	Stroke, total	nd	Healthy	Healthy 34-59 yo female nurses	Women	608/43671 (1.39)	14 y	EPA+DHA	Intake	no

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median
2	He 2002 12495393	BMI, physical activity, hx hypertension, smoking status, aspirin use, fish oil, multivitamins, total calorie intake, total fat. Saturated fat, trans-unsaturated fat, alcohol, potassium, magnesium, total servings of fruits and vegetables, and hypercholesterolemia at baseline.	Qt1	g/d	0	nd
3	He 2002 12495393	BMI, physical activity, hx hypertension, smoking status, aspirin use, fish oil, multivitamins, total calorie intake, total fat. Saturated fat, trans-unsaturated fat, alcohol, potassium, magnesium, total servings of fruits and vegetables, and hypercholesterolemia at baseline.	Qt2	g/d	0.05	nd
4	He 2002 12495393	BMI, physical activity, hx hypertension, smoking status, aspirin use, fish oil, multivitamins, total calorie intake, total fat. Saturated fat, trans-unsaturated fat, alcohol, potassium, magnesium, total servings of fruits and vegetables, and hypercholesterolemia at baseline.	Qt3	g/d	0.2	nd
5	He 2002 12495393	BMI, physical activity, hx hypertension, smoking status, aspirin use, fish oil, multivitamins, total calorie intake, total fat. Saturated fat, trans-unsaturated fat, alcohol, potassium, magnesium, total servings of fruits and vegetables, and hypercholesterolemia at baseline.	Qt4	g/d	0.4	nd
6	He 2002 12495393	BMI, physical activity, hx hypertension, smoking status, aspirin use, fish oil, multivitamins, total calorie intake, total fat. Saturated fat, trans-unsaturated fat, alcohol, potassium, magnesium, total servings of fruits and vegetables, and hypercholesterolemia at baseline.	Qt5	g/d	0.6	nd
7	Iso 2001 11176840	joules (continuous), BMI, alcohol intake, menopausal status and postmenopausal hormone use, vigorous exercise, usual aspirin use, multivitamin use, history of HTN, frequency of total fruit and vegetable servings and for nutrient intake of saturated fat, trans-unsaturated fat, linoleic acid, animal protein, calcium	Qt1	g/d	nd	0.077
8	Iso 2001 11176840	joules (continuous), BMI, alcohol intake, menopausal status and postmenopausal hormone use, vigorous exercise, usual aspirin use, multivitamin use, history of HTN, frequency of total fruit and vegetable servings and for nutrient intake of saturated fat, trans-unsaturated fat, linoleic acid, animal protein, calcium	Qt2	g/d	nd	0.118
9	Iso 2001 11176840	joules (continuous), BMI, alcohol intake, menopausal status and postmenopausal hormone use, vigorous exercise, usual aspirin use, multivitamin use, history of HTN, frequency of total fruit and vegetable servings and for nutrient intake of saturated fat, trans-unsaturated fat, linoleic acid, animal protein, calcium	Qt3	g/d	nd	0.171
10	Iso 2001 11176840	joules (continuous), BMI, alcohol intake, menopausal status and postmenopausal hormone use, vigorous exercise, usual aspirin use, multivitamin use, history of HTN, frequency of total fruit and vegetable servings and for nutrient intake of saturated fat, trans-unsaturated fat, linoleic acid, animal protein, calcium	Qt4	g/d	nd	0.221
11	Iso 2001 11176840	joules (continuous), BMI, alcohol intake, menopausal status and postmenopausal hormone use, vigorous exercise, usual aspirin use, multivitamin use, history of HTN, frequency of total fruit and vegetable servings and for nutrient intake of saturated fat, trans-unsaturated fat, linoleic acid, animal protein, calcium	Qt5	g/d	nd	0.481

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Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
2	He 2002 12495393	<0.05	RR	31	nd	19741	Reference group			p trend	0.71
3	He 2002 12495393	<0.2	RR	197	nd	155579	0.77	0.52	1.14		
4	He 2002 12495393	<0.4	RR	228	nd	175161	0.77	0.52	1.14		
5	He 2002 12495393	<0.6	RR	84	nd	68003	0.71	0.46	1.1		
6	He 2002 12495393	>=0.6	RR	68	nd	43539	0.87	0.56	1.37		
7	Iso 2001 11176840	nd	RR	143	nd	nd	Reference group			P trend	0.12
8	Iso 2001 11176840	nd	RR	121	nd	nd	0.87	0.68	1.11		
9	Iso 2001 11176840	nd	RR	99	nd	nd	0.69	0.53	0.89		
10	Iso 2001 11176840	nd	RR	113	nd	nd	0.83	0.63	1.08		
11	Iso 2001 11176840	nd	RR	198	nd	nd	0.72	0.53	0.99		

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Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
12	Levitan 2012 22172525	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	ALA	Intake	yes
13	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	ALA	Intake	yes
14	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	ALA	Intake	yes
15	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	ALA	Intake	yes
16	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	ALA	Intake	yes
17	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	EPA+DHA	Intake	yes
18	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	EPA+DHA	Intake	yes
19	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	EPA+DHA	Intake	yes
20	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	EPA+DHA	Intake	yes
21	Levitan 2010 20332801	Swedish Mammography Study	Stroke, total	Total stroke	Healthy	Healthy, ages 49-83	Women	1680/34670 (4.85)	10.4 y	EPA+DHA	Intake	yes
22	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	358/2583 (13.85)	12y	ALA	Intake	no
23	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	358/2583 (13.85)	12y	ALA	Intake	no
24	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	358/2583 (13.85)	12y	ALA	Intake	no
25	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	358/2583 (13.85)	12y	ALA	Intake	no
26	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	358/2583 (13.85)	12y	ALA	Intake	no
27	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	430/2709 (15.87)	16y	ALA	Plasma	no
28	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	430/2709 (15.87)	16y	ALA	Plasma	no
29	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	430/2709 (15.87)	16y	ALA	Plasma	no
30	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	430/2709 (15.87)	16y	ALA	Plasma	no
31	Fretts 2014 25159901	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	430/2709 (15.87)	16y	ALA	Plasma	no

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Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
12	Levitan 2012 22172525	nd	RR	350	nd	71329	Reference group			P trend	0.16
13	Levitan 2010 20332801	nd	RR	314	nd	72366	0.93	0.8	1.08		
14	Levitan 2010 20332801	nd	RR	335	nd	71644	1.04	0.9	1.21		
15	Levitan 2010 20332801	nd	RR	326	nd	72237	1.01	0.87	1.17		
16	Levitan 2010 20332801	nd	RR	355	nd	71437	1.09	0.93	1.27		
17	Levitan 2010 20332801	nd	RR	379	nd	70855	Reference group			P trend	0.04
18	Levitan 2010 20332801	nd	RR	319	nd	72278	0.93	0.8	1.08		
19	Levitan 2010 20332801	nd	RR	285	nd	72639	0.87	0.74	1.02		
20	Levitan 2010 20332801	nd	RR	317	nd	72317	0.89	0.76	1.05		
21	Levitan 2010 20332801	nd	RR	380	nd	70924	0.84	0.72	0.99		
22	Fretts 2014 25159901	1.45	HR	70	nd	4691	Reference group			P trend	0.8
23	Fretts 2014 25159901	1.65	HR	64	nd	4785	0.89	0.64	1.26		
24	Fretts 2014 25159901	1.87	HR	75	nd	4891	0.97	0.7	1.35		
25	Fretts 2014 25159901	2.17	HR	81	nd	4997	1.09	0.78	1.51		
26	Fretts 2014 25159901	4.88	HR	68	nd	5380	0.86	0.6	1.21		
27	Fretts 2014 25159901	0.11	HR	85	nd	6208	Reference group			P trend	0.66
28	Fretts 2014 25159901	0.13	HR	80	nd	5792	0.96	0.7	1.31		
29	Fretts 2014 25159901	0.15	HR	94	nd	6026	1.1	0.81	1.49		
30	Fretts 2014 25159901	0.19	HR	80	nd	6132	0.88	0.64	1.2		
31	Fretts 2014 25159901	0.47	HR	91	nd	6589	0.97	0.71	1.31		

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Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
32	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DHA	Plasma	no
33	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DHA	Plasma	no
34	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DHA	Plasma	no
35	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DHA	Plasma	no
36	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DHA	Plasma	no
37	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	EPA	Plasma	no
38	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	EPA	Plasma	no
39	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	EPA	Plasma	no
40	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	EPA	Plasma	no
41	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	EPA	Plasma	no
42	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	All n-3	Plasma	no
43	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	All n-3	Plasma	no
44	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	All n-3	Plasma	no
45	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	All n-3	Plasma	no
46	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	All n-3	Plasma	no
47	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DPA	Plasma	no
48	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DPA	Plasma	no

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Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
32	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	Reference group			P trend	0.092
33	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	1.08	0.8	1.46		
34	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	1.08	0.8	1.45		
35	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.74	0.53	1.03		
36	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.84	0.59	1.18		
37	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	Reference group			P trend	0.85
38	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	1.01	0.74	1.37		
39	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.95	0.69	1.29		
40	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.91	0.66	1.25		
41	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	1.05	0.76	1.45		
42	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	Reference group			P trend	0.098
43	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.97	0.72	1.32		
44	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.91	0.67	1.23		
45	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.93	0.68	1.28		
46	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.75	0.53	1.06		
47	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	Reference group			P trend	0.18
48	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.71	0.53	0.97		

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Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
49	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DPA	Plasma	no
50	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DPA	Plasma	no
51	Mozaffarian 2013 23546563	Cardiovascular Health Study	Stroke, total	nd	Healthy	Healthy age >= 65y	All	406/3941 (10.3)	16y	DPA	Plasma	no
52	Morris 1995 7598116	Physician's Health Study	Stroke, total	nd	Healthy	US male physicians	Men	173/21185 (0.82)	4 y	All n-3	Intake	explicitly excluded fish oil supplements
53	Morris 1995 7598116	Physician's Health Study	Stroke, total	nd	Healthy	US male physicians	Men	173/21185 (0.82)	4 y	All n-3	Intake	explicitly excluded fish oil supplements
54	Morris 1995 7598116	Physician's Health Study	Stroke, total	nd	Healthy	US male physicians	Men	173/21185 (0.82)	4 y	All n-3	Intake	explicitly excluded fish oil supplements
55	Morris 1995 7598116	Physician's Health Study	Stroke, total	nd	Healthy	US male physicians	Men	173/21185 (0.82)	4 y	All n-3	Intake	explicitly excluded fish oil supplements
56	Morris 1995 7598116	Physician's Health Study	Stroke, total	nd	Healthy	US male physicians	Men	173/21185 (0.82)	4 y	All n-3	Intake	explicitly excluded fish oil supplements
57	de Goede 2013 22633188	MORGEN	Stroke, total	total stroke	Healthy	adults 20-65 yr	All	179/358 (50)	10.5 yr	ALA	Plasma	No
58	de Goede 2013 22633188	MORGEN	Stroke, total	total stroke	Healthy	adults 20-65 yr	All	179/358 (50)	10.5 yr	EPA+DHA	Plasma	No
59	de Goede 2011 21464993	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	All	221/19896 (1.11)	10.5 y	ALA	Intake	No
60	de Goede 2011 21464993	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	All	221/19896 (1.11)	10.5 y	ALA	Intake	No
61	de Goede 2011 21464993	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	All	221/19896 (1.11)	10.5 y	ALA	Intake	No
62	de Goede 2011 21464993	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	All	221/19896 (1.11)	10.5 y	ALA	Intake	No
63	de Goede 2011 21464993	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	All	221/19896 (1.11)	10.5 y	ALA	Intake	No
65	Subgroup analyses											
66	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Women	nd/11081 (9.2 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
67	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Women	nd/11081 (9.2 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
68	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Women	nd/11081 (9.2 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
69	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Women	nd/11081 (9.2 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median
49	Mozaffarian 2013 23546563	Adjusted for age (years), sex, race (white, nonwhite), education(<high school, high school, some college, college graduate), enrollment site (4 sites), fatty acid measurement batch (1994–96, 2007–10), smoking (never, former, current), prevalent diabetes (yes, no), prevalent atrial fibrillation (yes, no), prevalent drug-treated hypertension (yes, no), leisure-time physical activity (kcal/week), body mass index (kg/m ²), waist circumference (cm), and alcohol use (6 categories).	Qt3	% FA	nd	0.82
50	Mozaffarian 2013 23546563	Adjusted for age (years), sex, race (white, nonwhite), education(<high school, high school, some college, college graduate), enrollment site (4 sites), fatty acid measurement batch (1994–96, 2007–10), smoking (never, former, current), prevalent diabetes (yes, no), prevalent atrial fibrillation (yes, no), prevalent drug-treated hypertension (yes, no), leisure-time physical activity (kcal/week), body mass index (kg/m ²), waist circumference (cm), and alcohol use (6 categories).	Qt4	% FA	nd	0.91
51	Mozaffarian 2013 23546563	Adjusted for age (years), sex, race (white, nonwhite), education(<high school, high school, some college, college graduate), enrollment site (4 sites), fatty acid measurement batch (1994–96, 2007–10), smoking (never, former, current), prevalent diabetes (yes, no), prevalent atrial fibrillation (yes, no), prevalent drug-treated hypertension (yes, no), leisure-time physical activity (kcal/week), body mass index (kg/m ²), waist circumference (cm), and alcohol use (6 categories).	Qt5	% FA	nd	1.04
52	Morris 1995 7598116	age, aspirin and beta-carotene assignment, smoking, alcohol consumption, obesity, diabetes, vigorous exercise, parental history of MI before age 60 years, history of hypertension, history of hypercholesterolemia, vitamin supplement use, and saturated fat intake	T1	g/wk	<0.5	nd
53	Morris 1995 7598116	age, aspirin and beta-carotene assignment, smoking, alcohol consumption, obesity, diabetes, vigorous exercise, parental history of MI before age 60 years, history of hypertension, history of hypercholesterolemia, vitamin supplement use, and saturated fat intake	T2	g/wk	0.5	nd
54	Morris 1995 7598116	age, aspirin and beta-carotene assignment, smoking, alcohol consumption, obesity, diabetes, vigorous exercise, parental history of MI before age 60 years, history of hypertension, history of hypercholesterolemia, vitamin supplement use, and saturated fat intake	T3	g/wk	1	nd
55	Morris 1995 7598116	age, aspirin and beta-carotene assignment, smoking, alcohol consumption, obesity, diabetes, vigorous exercise, parental history of MI before age 60 years, history of hypertension, history of hypercholesterolemia, vitamin supplement use, and saturated fat intake	T4	g/wk	1.7	nd
56	Morris 1995 7598116	age, aspirin and beta-carotene assignment, smoking, alcohol consumption, obesity, diabetes, vigorous exercise, parental history of MI before age 60 years, history of hypertension, history of hypercholesterolemia, vitamin supplement use, and saturated fat intake	T5	g/wk	nd	nd
57	de Goede 2013 22633188	matched for age, gender, and enrollment data + smoking + BMI + education level + alcohol intake + diabetes + hypertension + hypercholesterolemia		% FA	nd	Cases: 0.53 (SD = 0.14), Controls: 0.52 (SD = 0.15)
58	de Goede 2013 22633188	matched for age, gender, and enrollment data + smoking + BMI + education level + alcohol intake + diabetes + hypertension + hypercholesterolemia		% FA	nd	Cases: 1.43 (SD = 1.04), Controls: 1.23 (SD = 0.56)
59	de Goede 2011 21464993	age, gender, BMI, total energy intake, cigarette smoking, education level, parental history of MI, alcohol intake, intake of vit C, beta-carotene, fiber, SFA, TFA, PUFA other than ALA	Qt1	g/d	nd	1
60	de Goede 2011 21464993	age, gender, BMI, total energy intake, cigarette smoking, education level, parental history of MI, alcohol intake, intake of vit C, beta-carotene, fiber, SFA, TFA, PUFA other than ALA	Qt2	g/d	nd	1.2
61	de Goede 2011 21464993	age, gender, BMI, total energy intake, cigarette smoking, education level, parental history of MI, alcohol intake, intake of vit C, beta-carotene, fiber, SFA, TFA, PUFA other than ALA	Qt3	g/d	nd	1.3
62	de Goede 2011 21464993	age, gender, BMI, total energy intake, cigarette smoking, education level, parental history of MI, alcohol intake, intake of vit C, beta-carotene, fiber, SFA, TFA, PUFA other than ALA	Qt4	g/d	nd	1.5
63	de Goede 2011 21464993	age, gender, BMI, total energy intake, cigarette smoking, education level, parental history of MI, alcohol intake, intake of vit C, beta-carotene, fiber, SFA, TFA, PUFA other than ALA	Qt5	g/d	nd	1.9
65	Subgroup analyses					
66	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt1	mg/d	nd	36
67	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt2	mg/d	57	77
68	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt3	mg/d	107	142
69	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt4	mg/d	nd	225

Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
49	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.7	0.52	0.95		
50	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.85	0.64	1.15		
51	Mozaffarian 2013 23546563	nd	HR	nd	nd	nd	0.74	0.55	1.01		
52	Morris 1995 7598116	nd	RR	39	4335	nd	1				0.49
53	Morris 1995 7598116	1	RR	28	4134	nd	0.9	0.6	1.6		
54	Morris 1995 7598116	1.7	RR	48	4691	nd	1.1	0.7	1.8		
55	Morris 1995 7598116	2.3	RR	27	4075	nd	0.7	0.4	1.2		
56	Morris 1995 7598116	>=2.3	RR	31	3950	nd	1	0.6	1.6		
57	de Goede 2013 22633188	nd	OR	nd	nd	nd	0.94	0.72	1.21		0.8
58	de Goede 2013 22633188	nd	OR	nd	nd	nd	1.16	0.94	1.45		0.07
59	de Goede 2011 21464993	nd	HR	41	4013	nd	Reference group				nd
60	de Goede 2011 21464993	nd	HR	38	4014	nd	0.65	0.43	0.97		
61	de Goede 2011 21464993	nd	HR	38	4014	nd	0.49	0.31	0.76		
62	de Goede 2011 21464993	nd	HR	45	4014	nd	0.53	0.34	0.83		
63	de Goede 2011 21464993	nd	HR	59	4014	nd	0.65	0.41	1.04		
65	Subgroup analyses										
66	de Goede 2012 22496770	<57	HR	33	2770	nd	Reference group			P trend	0.02
67	de Goede 2012 22496770	106	HR	28	2770	nd	0.89	0.53	1.49		
68	de Goede 2012 22496770	188	HR	28	2771	nd	0.86	0.51	1.46		
69	de Goede 2012 22496770	>188	HR	17	2770	nd	0.49	0.27	0.91		

Appendix F
Observational results: stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
70	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Men	nd/8988 (12.4 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
71	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Men	nd/8988 (12.4 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
72	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Men	nd/8988 (12.4 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
73	de Goede 2012 22496770	MORGEN	Stroke, total	Total Stroke	Healthy	Healthy 20-65 yo	Men	nd/8988 (12.4 per 10,000 pt yrs)	10.5 y	EPA+DHA	Intake	No
74	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	EPA	serum	nd
75	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	EPA	serum	nd
76	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	EPA	serum	nd

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median
70	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt1	mg/d	nd	44
71	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt2	mg/d	66	89
72	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt3	mg/d	119	157
73	de Goede 2012 22496770	age, smoking, BMI, educational level, parental history of myocardial infarction, alcohol intake, total energy intake, dietary fiber, vit C, beta-careotene, SFA, TFA, MFA, LA, ALA	Qt4	mg/d	nd	241
74	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr1	EPA/AA ratio	0	0.22
75	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr2	EPA/AA ratio	0.29	0.36
76	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr3	EPA/AA ratio	0.41	0.5

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Observational results: stroke

Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
70	de Goede 2012 22496770	<66	HR	30	2247	nd	Reference group			P trend	0.36
71	de Goede 2012 22496770	118	HR	33	2247	nd	1.16	0.7	1.92		
72	de Goede 2012 22496770	198	HR	24	2247	nd	0.84	0.48	1.45		
73	de Goede 2012 22496770	>199	HR	28	2247	nd	0.87	0.51	1.48		
74	Ninomiya_2013_2 4267237	0.29	HR	36	775	1.38	0.87	2.18			0.15
75	Ninomiya_2013_2 4267237	0.41	HR	25	776	0.83	0.49	1.39			0.48
76	Ninomiya_2013_2 4267237	0.59	HR	29	776	0.97	0.6	1.59			0.91

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Observational results: stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
77	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	EPA	serum	nd
78	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	DHA	serum	nd
79	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	DHA	serum	nd
80	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	DHA	serum	nd

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median
77	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr4	EPA/AA ratio	0.59	0.74
78	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr1	DHA/AA ratio	0	0.65
79	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr2	DHA/AA ratio	0.75	0.84
80	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr3	DHA/AA ratio	0.93	1.02

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Observational results: stroke

Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
77	Ninomiya_2013_2 4267237	nd	HR	37	776	Ref				P trend	0.35
78	Ninomiya_2013_2 4267237	0.75	HR	27	776	1.26	0.75	2.1			0.38
79	Ninomiya_2013_2 4267237	0.93	HR	31	776	1.14	0.7	1.86			0.61

80	Ninomiya_2013_2 4267237	1.15	HR	31	776	1.04	0.64	1.68			0.89
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Observational results: stroke

Row	Study PMID	Study Name	Outcome	Outcome Definition	Population type	Population	Subgroup	Cases Total/N Total (Rate %)	Followup	n3 FA	n3 measure	Supplement
81	Ninomiya_2013_2 4267237	Hisayama	Stroke, total	incident stroke or CHD defined as acute myocardial infarction, silent myocardial infarction, sudden cardiac death within 1 h after the onset of acute illness, or coronary intervention (coronary artery bypass surgery or angioplasty)	Healthy	Healthy >40 yo		127/3103 (4.09)	5y	DHA	serum	nd

Row	Study PMID	Adjustments	Quantile	n3 units	Quantile low	Quantile median
81	Ninomiya_2013_2 4267237	Adjusted for age, sex, hypertension, diabetes, serum total cholesterol, serum high-density lipoprotein cholesterol, serum triglycerides, lipid-modifying agents, body mass index, HS-CRP, current smoking, current drinking, and regular exercise. HS-CRP was removed from the relevant model in the subgroup analysis of HS-CRP.	Qr4	DHA/AA ratio	1.15	1.33

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Observational results: stroke

Row	Study PMID	Quantile high	Metric	n Cases	N quantile	Person Years	Estimate	CI low	CI high	Comparison	P value
81	Ninomiya_2013_2 4267237	nd	HR	38	776	Ref				P trend	0.38
