



**THE HEALTH SUPPLEMENTS INFORMATION SERVICE (HSIS) COMMENTS ON
THE ROLE OF FISH OIL SUPPLEMENTS IN CROHN'S DISEASE**

April 8th 2008 – A study published today in the Journal of the American Medical Association¹ reviews omega-3 fatty acid supplements in relation to Crohn's disease.

Pamela Mason, nutritionist and spokesperson for HSIS comments: "First of all it is vital to note that Omega-3 fatty acids have proven benefits for heart health. In addition, there is now a growing body of evidence which suggests the benefits of omega-3 fatty acid supplements in maintaining mental health, as well as reducing inflammation in conditions such as rheumatoid arthritis.

"This latest study includes two trials involving 738 patients with Crohn's disease at clinical centers in Europe, Israel, Canada and the United States from January 2003 to January 2007. Though this research showed that the omega-3 fatty acid supplements used in these studies had no real effect on preventing relapse in Crohn's disease, it is important to realise that **other studies have shown positive effects. Indeed a recent Cochrane review² concluded that omega 3 fatty acids are safe and may be effective for maintenance of remission in Crohn's disease and that further trials are warranted.**

"What is also important in the current study is that patients who took omega 3 fatty acids had significantly lower concentrations of blood triglycerides, a high level of which is a risk factor for heart disease.

"Fish oils provide the essential omega-3 fatty acids, for which intake in the UK is significantly lower than recommendations. **Overall, the UK population fail to consume the two portions of fish (one of which should be oily) each week recommended by the Food Standards Agency. Omega-3 supplementation can have important health benefits, particularly for those large numbers of people whose dietary intake is poor.**"

-ends-

¹ Feagan BG et al. JAMA 2008;299:1690-7.

² Turner D et al. Cochrane Database Syst Rev 2007 Apr 18;(2):CD006320

For further information please contact:

Nicky Smith, Nexus Healthcare

020 0528850/ 07867 513 361

Eva Levin, Nexus Healthcare

0207 0528853