

May 2021 – The Latest Fish Oil FAILURE....

An analysis published on May 17, 2021 shows when corn oil, instead of the supposed placebo mineral oil, was used in the more than 10,000-patient STRENGTH study, the high dose (4 gm/day) purified EPA (an active ingredient in fish oil) was worthless in preventing CVD.

This is exactly as I predicted years ago, but the “excuses and explanations,” don’t stop...

“Despite limitations, Nissen said the findings do not support the use of omega-3 carboxylic acid for patients at high CV risk. Omega-3 fatty acid supplementation was also associated with elevated risk for atrial fibrillation, he [Dr. Nissen] noted.”

https://brianpeskin.com/wordpress/wp-content/uploads/2021/05/jamacardiology_nissen_2021_oi_210026_1620655495.73076.pdf