

CLINICAL RESEARCH USING NORDIC NATURALS® FISH OILS – SPRING 2007

Organization	Investigation	Study Type	Subjects	Product Dose Duration	Status
University of Pittsburgh	Fish oil and joint inflammation	open label	adults with non-surgical neck/back pain	EPA 2-4 caps/day 75 days (avg)	Published <i>Surgical Neurology</i> 2006;65:326-331
Texas A & M University	Fish oil and glucose uptake	in vitro; dose finding	skeletal muscle cell	DHA vs. Complete Omega-3.6.9 vs. Ultimate Omega n/a	Published <i>Diabetes</i> 2006;55(1):A382
HANDLE® Institute	Fish oil and functional behavior	open label; program evaluation	at-risk orphaned children	Omega-3.6.9 Junior 2 caps/day 5 months	Published <i>Adoption Today</i> Dec/Jan 2006:38-39
VA New York Harbor Healthcare System	Fish oil and anger measures	double blind, placebo-controlled	adults in drug treatment	EPA 5 caps/day 3 months	Published <i>Neuropsychopharmacology</i> 2005;30(1):S87-S88
Pediatric clinic, Arizona	Fish oil for language and learning	open label pilot trial	children with autism or Asperger's disease	Omega-3.6.9 Junior 2 caps/day 90 days	Published <i>Autism-Asperger's Digest</i> Jan/Feb 2005:36-37
VA New York Harbor Healthcare System	Fish oil and anxiety measures	double blind, placebo-controlled	substance abusers	EPA 5 caps/day 3 months	Published <i>J Clin Psychopharmacology</i> 2006;26(6):661-665
Cedars-Sinai Medical Center	Fish oil as adjunct therapy in major depression	randomized, double blind, placebo-controlled	adults with major depression	EPA 2 caps/2x/day 8 weeks	data analysis
Pittsburgh, Penn	Fish oil for cardiac protection and joint pain	open label pilot trial	professional football players	Ultimate Omega 4 caps/day 8 months	data analysis
Oregon Health Sciences University	Fish oil and Alzheimer's Disease	randomized, double blind, placebo-controlled	senior adults with mild cognitive impairment, probable AD	Ultimate Omega 3 caps/day 1 year	data analysis
Duke University	Fish oil and anxiety	open label pilot trial	adults	Ultimate Omega 6 caps/day 8 weeks	data analysis
Massachusetts General Hospital	Fish oil and clinical depression	randomized, double blind, placebo-controlled	adults with clinical depression	EPA Xtra 2 caps/day & DHA 4 caps/day 8 weeks	in process
Confidential site, California	Multi-nutrient intervention on gene expression	long term intervention	adult men	Ultimate Omega 2 caps/day 90 days	in process
Nutrition Foundation of Italy	Comparative bioavailability of triglyceride and ethyl ester omega-3 fatty acids	double blind, placebo-controlled	healthy subjects	Ultimate Omega vs. ethyl ester 3 caps/day for 3 weeks	in process
Medical Research Council, West Africa	Fish oil and GI health	double blind, placebo-controlled	infants	Omega-3 Liquid 1/2 tsp/day 1 year	in process
University of Virginia	Fish oil and liver function	randomized, double blind, placebo-controlled	adults with fatty liver	Ultimate Omega 3 caps/day 1 year	subject recruitment
UC Davis	Poly- vs. Monounsaturated fats and insulin resistance	randomized, 4-arm, parallel design	women with polycystic ovarian syndrome	Ultimate Omega 6 caps/day 6 weeks	subject recruitment
Stanford University	Fish oil vs. flax oil for cardiac protection	double blind, placebo-controlled	adults	Ultimate Omega vs. Flax Oil 12 weeks	subject recruitment
Institute of Health and Biomedical Innovation, Australia	Fish oil and kidney disease	open label	dialysis patients	EPA Xtra Ultimate Omega 2 caps/day	subject recruitment