

# 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	ProEPA 2-4 caps/day 75 days (avg)	<b>Published</b> <i>Surgical Neurology</i> 2006;65:326-331
Texas A & M University	Fish oil and glucose uptake	in vitro; dose finding	skeletal muscle cell	ProDHA vs. ProEFA vs. ProOmega n/a	<b>Published</b> <i>Diabetes</i> 2006;55(1):A382
HANDLE® Institute	Fish oil and functional behavior	open label; program evaluation	at-risk orphaned children	ProEFA Junior 2 caps/day 5 months	<b>Published</b> <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	ProEPA 5 caps/day 3 months	<b>Published</b> <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	ProEFA Junior 2 caps/day 90 days	<b>Published</b> <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	ProEPA 5 caps/day 3 months	<b>Published</b> <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	ProEPA 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	ProOmega 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	ProOmega 3 caps/day 1 year	data analysis
Duke University	Fish oil and anxiety	open label pilot trial	adults	ProOmega 6 caps/day 8 weeks	data analysis
Massachusetts General Hospital	Fish oil and clinical depression	randomized, double blind, placebo-controlled	adults with clinical depression	ProEPA Xtra 2 caps/day & ProDHA 4 caps/day 8 weeks	in process
Confidential site, California	Multi-nutrient intervention on gene expression	long term intervention	adult men	ProOmega 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	ProOmega 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	Arctic Omega 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	ProOmega 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	ProOmega 6 caps/day 6 weeks	subject recruitment
Stanford University	Fish oil vs. flax oil for cardiac protection	double blind, placebo-controlled	adults	ProOmega vs. Flax Oil 12 weeks	subject recruitment
Institute of Health and Biomedical Innovation, Australia	Fish oil and kidney disease	open label	dialysis patients	ProEPA Xtra ProOmega 2 caps/day	subject recruitment