



## Wholemega Human Clinical Trial – Protocol & Summary of Results

### Purpose

- The purpose of this study was to perform a double-blinded randomized placebo-controlled study on New Chapter's fish oil product Wholemega™, to explore general as well as specific markers of cardiovascular health.

### Background

- Sixty adult subjects were tested over a two-week period. Subjects were randomized to receive either 2 one-gram capsules/day of Wholemega (salmon oil) or 2 one-gram capsules/day of plant oil (considered to be inactive with regard to relative changes in cardiovascular health) which served as the placebo. Subjects were monitored at baseline, and after 2 weeks. Blood was taken at each visit. Seven subjects, six in the Wholemega group and one in the placebo group, were excluded for protocol deviations.

### Results – Changes in Triglyceride Levels

- In both groups the starting average level of triglycerides was around 110 mg/dL, a level deemed “normal” by the National Cholesterol Education Program guidelines.
- Changes in triglyceride levels were analyzed, and showed a statistically significant decrease for the Wholemega group, in contrast to a non-significant increase in the Placebo group.
- The decrease in triglyceride levels in the Wholemega group reached statistical significance ( $P < 0.04$ ). The increase in triglycerides seen in the group consuming Placebo was evident but not statistically significant ( $P < 0.40$ ).

