Can omega-3s help reduce the risk of heart attacks and CHD?

The Vitamin D and Omega-3 Trial (VITAL) studied the impact of EPA & DHA omega-3s on 25,000 healthy subjects.

- 28% reduced risk of heart attacks*
- 17% reduced risk of coronary heart disease (CHD)**

The results strengthen the argument that omega-3s may reduce the risk of heart attack and CHD in those without cardiovascular disease.


*statistically significant secondary outcome  **statistically significant