Supplementary Online Content


eAppendix. Assessment of Compliance With Study Intervention
eTable. Fatty Acid Composition (EPA) of Total Serum Phospholipid

This supplementary material has been provided by the authors to give readers additional information about their work.
eAppendix. Assessment of Compliance With Study Intervention

Compliance with ingestion of study capsules was determined by fatty acid composition [eicosapentaenoic acid (EPA)] of total serum phospholipid.\textsuperscript{1-4} Participant serum was collected at baseline and at 3 months and sent to the University of Guelph where a random sample (\(N = 117\)) was analyzed. Lipids were extracted from the serum samples according to the method of Folch et al.\textsuperscript{5} and the serum phospholipids were separated from the neutral lipids by thin-layer chromatography.\textsuperscript{1, 2} The fatty acids methyl esters were prepared from the isolated phospholipid fraction by the method of Morrison and Smith\textsuperscript{6} and were analyzed on a Varian 3400 gas-liquid chromatograph (Palo Alto, CA) with a 60-metre DB-23 capillary column (0.32 mm internal diameter). The eTable shows the consistency of EPA levels at baseline and a significant increase in EPA level for only the fish oil group at 3 months.


eTable. Fatty Acid Composition (EPA) of Total Serum Phospholipid

<table>
<thead>
<tr>
<th>Omega-3 Testing</th>
<th>Fish Oil ((N = 61)) [95% CI]</th>
<th>Placebo ((N = 56)) [95% CI]</th>
<th>Group comparison [95% CI] (P)-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean baseline EPA\textsuperscript{1}</td>
<td>1.07 [0.78-1.35]</td>
<td>1.27 [0.90-1.64]</td>
<td>(^{2}\text{Mean} = -0.20) [-0.66- 0.25] (0.41)</td>
</tr>
<tr>
<td>Mean change in EPA from baseline to 3 months</td>
<td>1.76 [1.30-2.21]</td>
<td>-0.45 [-0.78--0.12]</td>
<td>(^{2}\text{Mean} = 2.21) [1.65-2.77] (&lt;0.0001)</td>
</tr>
</tbody>
</table>

\(^{1}\) Only patients with both a baseline and a 3 month value
\(^{2}\) Mean difference between the treatment groups; Wilcoxon rank sum test \(P\)-value