

Microencapsulation for Enhanced Bioavailability of Fish Oil - Acute Study

ACTRN12611000012976

Status	RECRUITING
Sponsor	CSIRO Preventative Health Flagship
Enrollment	15 participants

Plain Language Summary

Omega-3 fatty acids (found in fish oil) are known to be good for your heart and overall health, but your body may not absorb them very well from standard supplements. This study is testing a new way of packaging fish oil — called microencapsulation — to see if it helps your body absorb the omega-3s more effectively. Participants take different forms of the fish oil supplement and then researchers measure how much omega-3 gets into the bloodstream over the following hours.

You may be eligible if:

- You are a male or female between 18 and 70 years old
- You eat a normal diet (no medically prescribed, strict weight-loss, vegan, or macrobiotic diet)
- Your body mass index (BMI) is between 18 and 35 kg/m²
- You are generally healthy with no significant metabolic, digestive, kidney, or heart disease

You may NOT be eligible if:

- You have taken omega-3 supplements regularly in the past 2 months
- You regularly eat foods fortified with omega-3 (such as some breads or milks)
- You regularly eat fish as part of your normal diet
- You drink heavily (more than 21 standard drinks per week)
- You have food allergies or intolerances (e.g., dairy, nuts, shellfish)
- You have a history of substance abuse in the past 12 months
- You have participated in another research study in the past 3 months

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (5)

- Male and Females aged between 18-70 years
- Normal dietary habits (no medically prescribed diet, no slimming diet, and no vegan or macrobiotic diet).
- Body Mass Index >18 kg/m² < 35kg/m²
- Apparently healthy: no reported current or previous metabolic diseases, gastrointestinal disorders, renal or cardiovascular disease.
- Person having given their specific consent in writing.

Exclusion (8)

- Regular use of supplements containing omega-3 essential fatty acids must have ceased 2 months prior to the start of the study.
- Regular consumption of foods supplemented with omega-3 essential fatty acids such as some breads and milk products
- Consumption of fish as part of regular dietary patterns
- Current relevant medical treatment (subject to judgement of the investigator).

- High alcohol consumption (>21 standard drinks/week)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000012976>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.

... and 3 more (see full listing online)

Locations (1 total)

Australia