

# Effects of an Omega-3 Fatty Acid-based Supplement on Healthy Ageing

NCT06150261

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Helse Stavanger HF
Enrollment	100 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Aged 55 or more
- BMI between 25-30,
- Waist-to-hip ratio of at least 0.90 (males) or 0.85 (females)
- Omega-3 index  $\leq 6$

### Exclusion (21)

- Dementia
- Current clinically significant depression, i.e. major depression or GDS 15 score  $\geq 7$
- Ischemic or haemorrhagic Stroke
- Acute myocardial infarction
- Any form of clinically significant atherosclerotic cardiovascular disease
- ... and 16 more (see full listing online)

## Locations (1 total)

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Stavanger Universitetssjukehus, Stavanger, Norway