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Omega-3 fatty acids and risk of cardiovascular disease: meta-analysis of 10 trials involving 77,900 individuals

Theingi Aung FRCP1,2, Jim Halsey BSc1, Daan Kromhout PhD3, Hertzel C Gerstein MD4, Roberto Marchioli MD5,6, Luigi Tavazzi MD7, Johanna M Geleijnse PhD3, Bernhard Rauch MD8, Andrew Ness FFPHM9, Pilar Galan MD10, Emily Y Chew MD11, Jackie Bosch PhD4, Rory Collins FRCP1, Sarah Lewington DPhil1, Jane Armitage FRCP1, Robert Clarke FRCP1 for the Omega-3 Treatment Trialists’ Collaboration.

1 Clinical Trial Service Unit and Epidemiological Studies Unit (CTSU), and MRC Population Health Research Unit, Nuffield Department of Population Health, University of Oxford, Oxford, UK;
2 Department of Endocrinology, Royal Berkshire Hospital, Reading, UK
3 Department of Human Nutrition, Wageningen University, Wageningen, Netherlands;
4 Department of Medicine and Population Health Research Institute, McMaster University and Hamilton Health Sciences, Hamilton, Ontario, Canada;
5 Cardiovascular Renal Metabolic (CVRM) Therapeutic Area, Medical Strategy and Science, Therapeutic Science and Strategy Unit (TSSU), Quintiles, Milan, Italy;
6 Department of Cardiovascular Research, IRCCS-Istituto di Ricerche Farmacologiche Mario Negri, Milan, Italy;
7 Maria Cecilia Hospital, GVM Care & Research, E.S. Health Science Foundation, Cotignola, Italy;
8 Institut für Herzinfarktforschung Ludwigshafen (IHF), Ludwigshafen, Germany;
9 National Institute for Health Research Biomedical Research Unit in Nutrition, Diet and Lifestyle at University Hospitals Bristol NHS Foundation Trust and the University of Bristol, Bristol, UK;
10 Sorbonne Paris Cité Epidemiology and Biostatistics Research Center (CRESS), Nutritional Epidemiology Research Team (EREN), Inserm U1153, Inra U1125, Cnam, Paris 13 University, Bobigny, France;
11 National Eye Institute, National Institutes of Health, Building 10, CRC Room 3-2531, 10 Center Drive, MSC 1204, Bethesda, MD 20892-1204, USA.

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Name: ........................................................
The following are Members of the OMEGA-3 Treatment Trialists’ Collaboration

**Secretariat:** Theingi Aung FRCP, Jim Halsey BSc, Rory Collins FRCP, Sarah Lewington DPhil, Jane Armitage FRCP, Robert Clarke FRCP. Nuffield Department of Population Health, University of Oxford, Oxford, UK

**Age-Related Eye Disease Study 2 (AREDS-2):** Denise E Bonds MD MPH, Molly Harrington MS, Emily Y Chew MD. National Eye Institute, National Institutes of Health, Bethesda, MD, USA

**Supplementation with folate, vitamin B6 and B12 and/or omega-3 fatty acids trial (SU.FOL.OM3):** Pilar Galan MD, Serge Hercberg MD. Sorbonne Paris Cité Epidemiology and Biostatistics Research Center (CRESS), Inserm U1153, Paris, France

**ALPHA OMEGA:** Daan Kromhout PhD, Eric J Giltray MD; Johanna M Geleijnse PhD. Wageningen University, Wageningen, Netherlands

**OMEGA:** Bernard Rauch MD. Institut für Herzinfarktforschung Ludwigshafen (IHF), Ludwigshafen, Germany

**Risk and Prevention Study (R&P):** Roberto Marchioli MD; Gianni Tognoni MD; Maria Carla Roncaglioni MD. IRCCS-Istituto di Ricerche Farmacologiche Mario Negri, Milan, Italy

**GISSI Heart Failure Trial (GISSI-HF):** Luigi Tavazzi MD, Aldo P Maggioni MD; Roberto Marchioli MD; Dr Donata Lucci BS. IRCCS-Istituto di Ricerche Farmacologiche Mario Negri, Milan, Italy

**Outcome Reduction With Initial Glargine Intervention (ORIGIN):** Jackie Bosch MSc; Hertzel Gerstein MD. McMaster University and Hamilton Health Sciences, Hamilton, Ontario, Canada

**GISSI-Prevenzione (GISSI-P):** Roberto Marchioli MD; Aldo P Maggioni MD; Gianni Tognoni MD. IRCCS-Istituto di Ricerche Farmacologiche Mario Negri, Milan, Italy

**Diet and Reinfarction Trial (DART):** Andrew Ness MRCP. University of Bristol, Bristol, UK

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