

NIH Dietary Supplement Study



The National Institutes of Health (NIH) is currently conducting a study to investigate benefits of omega-3 oil and blackcurrant supplementation on vascular health in healthy older adults. The information gathered from the study may help understand the effects of omega-3 oil and blackcurrant supplementation alone or in combination on your blood vessels which can affect your heart. The goals of the study include exploring whether therapeutic dietary interventions improve blood flow and the function of your blood vessels.

You may qualify if:

- You are a male or female between 55 and 75 years of age
- You are in general good health as determined by examination and blood tests
- You have normal or mildly elevated blood pressure
- You have normal or mildly elevated blood cholesterol levels

You may not qualify if:

- You have a known cardiovascular disease
- You have a serious or progressive medical illness
- You are taking medications for any illnesses
- You have an allergy to fish oil or blackcurrant

Duration:

- The duration of the study will be 4 visits over 24 weeks. The study will be carried out in an outpatient clinic.

Location of studies:

- NIH Clinical Center in Bethesda, Maryland.

Cost:

- There is no charge for study-related tests.
- Compensation for time and inconvenience for the study is provided.

FOR MORE INFORMATION PLEASE CALL:

1-800-411-1222

Refer to study number: 14-NR-0034

www.clinicaltrials.gov



National Institutes
of Health