

Table 2 Blood analysis for fasting patients in test and control groups at baseline and post-intervention

| Serum component | Control group (n = 25) | | Omega-3 fatty acid group (n = 5) | |
|----------------------------------|---------------------------|------|-------------------------------------|------|
| | Mean | SD | | SD |
| <i>Glucose (mg/dL)</i> | | | | |
| Baseline | 146.1 | 27.7 | 148.2 | 30.2 |
| Post-intervention | 142.3 | 30.1 | 151.8 | 30.9 |
| <i>Insulin (pmol/L)</i> | | | | |
| Baseline | 111.6 | 57.2 | 115.9 | 64.0 |
| Post-intervention | 119.7 | 84.5 | 119.7 | 84.5 |
| <i>HbA1c (%)</i> | | | | |
| Baseline | 7.1 | 0.1 | 7.4 | 0.2 |
| Post-intervention | 7.0 | 0.1 | 7.3 | 0.3 |
| <i>ApoB-100 (mg/dL)</i> | | | | |
| Baseline | 157.8 | 21.1 | 151.3 | 19.5 |
| Post-intervention | 152.1 | 13.2 | 134.7 ^{a,b} | 23.2 |
| <i>ApoA-I (mg/dL)</i> | | | | |
| Baseline | 174.0 | 23.7 | 175.5 | 49.1 |
| Post-intervention | 167.0 | 21.4 | 176.1 | 40.2 |
| <i>MDA (nmol/mL)</i> | | | | |
| Baseline | 3.3 | 1.1 | 3.1 | 1.4 |
| Post-intervention | 3.5 | 0.9 | 1.9 ^{c,d} | 0.7 |
| <i>Total cholesterol (mg/dL)</i> | | | | |
| Baseline | 249.6 | 45.3 | 244.3 | 30.9 |
| Post-intervention | 237.7 | 34.6 | 234.2 | 38.1 |
| <i>HDL-C (mg/dL)</i> | | | | |
| Baseline | 38.1 | 8.3 | 38.9 | 8.7 |
| Post-intervention | 37.8 | 9.1 | 37.1 | 10.1 |
| <i>LDL-C (mg/dL)</i> | | | | |
| Baseline | 168.3 | 37.2 | 160.6 | 41.2 |
| Post-intervention | 170.1 | 41.2 | 158.1 | 44.0 |
| <i>LDL-C/HDL-C</i> | | | | |
| Baseline | 4.4 | 1.1 | 4.1 | 2.3 |
| Post-intervention | 4.5 | 2.1 | 4.2 | 1.9 |
| <i>TG/HDL-C</i> | | | | |
| Baseline | 8.0 | 2.1 | 7.6 | 2.9 |
| Post-intervention | 8.5 | 2.9 | 5.5 ^{e,f} | 1.8 |
| <i>TG (mg/dL)</i> | | | | |
| Baseline | 306.4 | 39.1 | 299.2 | 28.1 |
| Post-intervention | 322.0 | 36.5 | 205.1 ^{b,g} | 23.5 |

SD = standard deviation.

^aSignificantly different from control group at end of study (t-test of difference scores): P = 0.03.

^bSignificantly different from baseline of supplemented group (paired t-test): P = 0.02.

^cSignificantly different from control group at end of study (t-test of difference scores): P = 0.03.

^dSignificantly different from baseline of supplemented group (paired t-test): P = 0.02.

^eSignificantly different from control group at end of study (t-test of difference scores): P = 0.04.

^fSignificantly different from baseline of supplemented group (paired t-test): P = 0.04.

^gSignificantly different from control group at end of study (t-test of difference scores): P = 0.01.