Table 1 Mean bodily characteristics of patients participating in the study

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age (years)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group A</td>
<td>20.8</td>
<td>1.6</td>
</tr>
<tr>
<td>Group B</td>
<td>20.8</td>
<td>1.4</td>
</tr>
<tr>
<td><strong>Age at first menstruation (years)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group A</td>
<td>16.0</td>
<td>0.6</td>
</tr>
<tr>
<td>Group B</td>
<td>15.6</td>
<td>0.6</td>
</tr>
<tr>
<td><strong>BMI (kg/m²)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group A</td>
<td>22.4</td>
<td>2.7</td>
</tr>
<tr>
<td>Group B</td>
<td>21.7</td>
<td>1.9</td>
</tr>
</tbody>
</table>

Study group A (n = 18): fish oil consumed during first 3 months followed by 3 months placebo. Study group B (n = 18): placebo consumed during first 3 months followed by 3 months fish oil.

SD = standard deviation; BMI = body mass index.