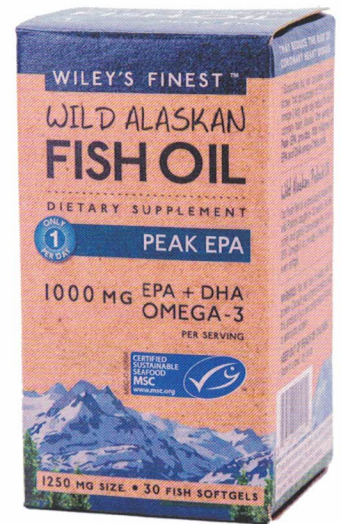


# Case Study

## Wiley's Finest Peak EPA Significantly Improves Omega-3 Levels.

Higher Omega-3 levels support heart, brain, joint, and eye health.



### In Brief

Healthy, middle-aged men and women volunteers consumed Wiley's Finest Peak EPA capsules daily and ate fish twice weekly for 8 weeks. The greatest increase in omega-3 levels was measured in those who consumed Wiley's Finest Peak EPA capsules.

### BACKGROUND

The Omega-3 Index is a clinically validated measure of the omega-3 levels in our bodies.<sup>1</sup> While an Omega-3 Index of 8% or higher is associated with significantly better heart health, more than 95% of Americans do not consume enough EPA and DHA Omega-3 to support general heart health.<sup>2</sup> The Academy of Nutrition and Dietetics, the American Psychiatric Association, and the American Heart Association all recommend that Americans eat fish 2 or more times a week, but Americans aren't.<sup>3,4,5</sup> Further, the amount of EPA and DHA omega-3 in fish varies widely; oily fish, such as salmon and sardines, contains more omega-3s while non-oily white fish contain very little. The purpose of this case study was to compare changes in omega-3 levels from taking a daily supplement (Wiley's Finest Peak EPA vs. placebo) and eating fish (oily vs. white) twice weekly.

### STUDY DESIGN

Sixty men and women (> age 35 years) were recruited and randomized into three groups. For 8 weeks, volunteers were provided two complete meals that included either 8-9 ounces of oily fish, such as salmon or trout, or white fish, such as tilapia (this ensured that volunteers were consuming the same macronutrients at those meals). All volunteers also took Wiley's Finest Peak EPA or placebo capsules daily; they took one capsule one day and two capsules the next. Each capsule of Wiley's Finest Peak EPA contains 750 mg EPA + 250 mg DHA Omega-3; therefore, volunteers consumed an average of 1500 mg EPA and DHA per day.

Since all participants ate fish meals and took a daily supplement, none of them knew which group they were in. Participants were tested at baseline and again at 8 weeks using the Omega-3 Index.

Group 1: placebo capsules + white fish

Group 2: placebo capsules + oily fish

Group 3: Wiley's Finest Peak EPA capsules + white fish

### RESULTS

**Baseline:** The average Omega-3 Index at baseline for all the groups was 4.7% (range: 3.0% - 5.9%). There was no statistically significant ( $p > 0.05$ ) difference between omega-3 levels in the groups at baseline.

#### 8 weeks later:

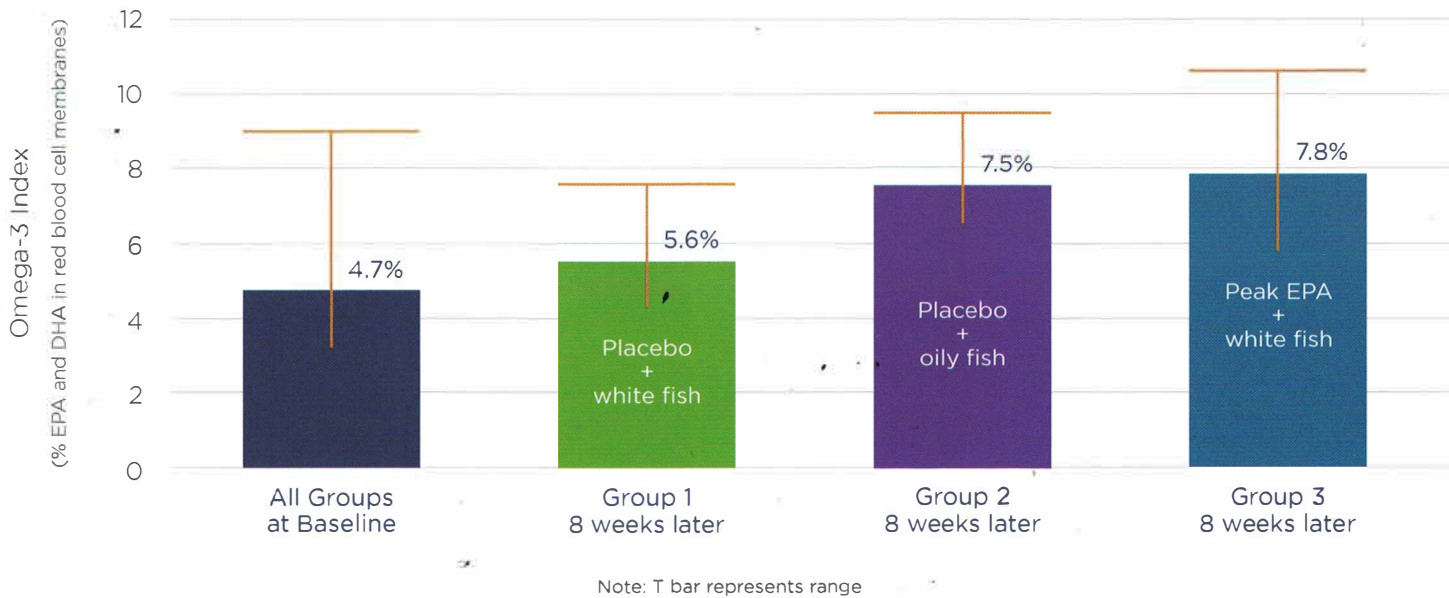
Group 1: 5.6% (range 4.3 - 6.8)

Group 2: 7.5% (range 6.0 - 9.2)

Group 3: 7.8% (range 5.6 - 10.6)

There was no meaningful change in those who consumed white fish and placebo capsules (Group 1). Statistically significant increases from baseline ( $p > 0.05$ ) were measured in Groups 2 (placebo capsules + oily fish) and Group 3 (Wiley's Finest Peak EPA + white fish), with the greatest increase in Group 3. See Figure 1.

**FIGURE 1: AVERAGE CHANGE IN OMEGA-3 INDEX OVER 8 WEEKS**



### SUMMARY

Compared to eating oily fish twice a week, regular consumption of Wiley's Finest Peak EPA increased the Omega-3 Index faster and more efficiently (from an average of 4.7 to 7.8%, with some reaching an Omega-3 Index of 10.6%). Research predicts that an Omega-3 Index of 8% would have been reached by consuming 2 capsules of Wiley's Finest Peak EPA per day, providing 2,000 mg EPA and DHA omega-3.<sup>6</sup>

Regular consumption of Wiley's Finest Peak EPA will increase your Omega-3 Index which will help support improved heart, brain, joint, and eye health.

<sup>1</sup> Harris WS. *Am J Clin Nutr* 2008;87:1997S-2002S.

<sup>2</sup> Murphy RA, Yu EA, et al. *Nutrients* 2015;7:10282-10289

<sup>3</sup> Vannice G, Rasmussen H. *J Acad Nutr Diet* 2014;114:136-153.

<sup>4</sup> Freeman MP, Hibbeln JR, et al. *J Clin Psych* 2006;67:1954-1967.

<sup>5</sup> Rimm EB, Appel LJ, et al. *Circ* 2018;138:e35-e47.

<sup>6</sup> Walker RD, Jackson KH, et al. *Am J Clin Nutr*;110:1034-1040.

**Disclaimer:** This case study is provided for educational purposes only. It is not intended as medical advice. Always consult your healthcare provider for medical advice.