

## FISH OIL REDUCES EXAM ANXIETY – FOR STUDENTS

Are you breaking out in a sweat over the thought of looming exams? Take some fish oil and things will go swimmingly, according to the latest research on omega 3.

A study of 68 healthy medical students at the Institute for Behavioural Medicine Research at Ohio State University found a 20% reduction in anxiety symptoms after twelve weeks of Omega-3 supplementation, compared to the placebo group.

Either a daily dose of 2.5 grams of Omega-3 or a placebo capsule were given to the group and psychological surveys to gauge stress, anxiety and depression were carried out during lower stress periods as well as on days before an exam.

In addition to the significantly lower anxiety levels in students who received the fish oil supplements, results also showed a 14% reduction in a range of inflammatory marker compounds which are a primary gateway to hormonal stress responses.

The placebo-controlled double-blind randomised controlled trial suggests that Omega-3 supplementation can reduce inflammation and anxiety even among healthy young adults.

Professor Shaun Holt, medical advisor and researcher says the data adds to the ever growing body of science supporting the potential health benefits of Omega-3.

“I remember how stressful medical school exam time was and I wish I had known then that Omega-3 fish oil supplements may have helped.

“The effectiveness of Omega-3 for depression is well documented after being the subject of many clinical trials and this study builds on a body of work that shows connections between Omega-3 and mental health issues,” says Professor Holt.



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"Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomised controlled trial"

Authors: J K Kiecolt-Glaser, M A Belury, R Andridge, W B Malarkey, R Glaser

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For more information contact:

**Michelle Palmer**, Executive Director of Natural Products New Zealand: P: +64 3 577 8676 / 021 874 500  
E: [michelle@naturalproductsnz.org](mailto:michelle@naturalproductsnz.org)

Or

**Liane Donovan**, Donovan Boyd PR: P: +64 9 3792121 / 027 2227348 E: [lianed@donovanboyd.co.nz](mailto:lianed@donovanboyd.co.nz)