

Research shows people with high omega-3 index less likely to die from COVID-19

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The 100 patients were grouped into four quartiles according to their O3I, with 25% of the patients in each quartile. There was one death in the top quartile (i.e., 1 death out of 25 patients with O3I>5.7%), with 13 deaths in the remaining patients (i.e., 13 deaths out of 75 patients with O3I≤5.7%) were 75% less likely to die compared with those in the lower three quartiles ($p=0.07$). Stated another way, the relative risk for death was about four times higher in those with a lower O3I (

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Researchers with the Fatty Acid Research Institute (FARI) and collaborators at Cedars-Sinai Medical Center in Los Angeles and in Orange County, CA, have published the first direct evidence that higher omega-3 blood levels may reduce risk for death from COVID-19 infection. The report was published in the journal *Prostaglandins, Leukotrienes and Essential Fatty Acids* on January 20, 2021.

There are several papers in the medical literature hypothesizing that omega-3 fatty acids should have [beneficial effects](#) in [patients](#) with COVID-19 infection, but up until now, there have been no published peer-reviewed studies supporting that hypothesis.

This study included 100 patients admitted to the hospital with COVID-19 for whom admission [blood](#) samples had been stored. Clinical outcomes for these patients were obtained and blood was analyzed for the Omega-3 Index (O3I, red blood cell membrane EPA+DHA levels) at OmegaQuant Analytics (Sioux Falls, SD). Fourteen of the patients died.

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