ONLINE SUPPLEMENT

Long-Chain Omega-3 Fatty Acids Eicosapentaenoic Acid and Docosahexaenoic Acid and Blood Pressure: A Meta-Analysis of Randomized Controlled Trials

Author last name	Difference in means	Lower limit	Upper limit
Hill	-3.30	-12.66	6.06
Atar	-11.80	-19.29	-4.31
Bach	-9.30	-20.33	1.73
Barcelo-Coblijn (a)	-2.00	-12.12	8.12
Barcelo-Coblijn (b)	2.00	-5.93	9.93
Bonaa	-5.80	-9.84	-1.76
Browning (a)	-2.00	-10.92	6.92
Browning (b)	-6.00	-14.48	2.48
Carter (a)	-3.00	-7.38	1.38
Carter (b)	1.00	-4.08	6.08
Cazzola (a)	-2.10	-10.95	6.75
Cazzola (b)	-5.80	-14.54	2.94
Cazzola (c)	-2.50	-12.33	7.33
Cazzola (d)	-0.10	-11.42	11.22
Cazzola (e)	-0.50	-11.47	10.47
Cazzola (f)	-3.60	-15.39	8.19
Chin (a)	0.30	-12.00	12.60
Chin (b)	-3.30	-12.82	6.22
Chin (c)	-3.50	-17.48	10.48
Cobiac (a)	-1.40	-9.44	6.64
Cobiac (b)	-0.60	-11.23	10.03
Conquer	-10.20	-24.69	4.29
Croset	-28.00	-42.23	-13.77
Demke	-3.10	-12.72	6.52
Derosa (a)	0.00	-1.42	1.42
Derosa (b)	-1.00	-3.13	1.13
Deslypere (a)	-1.00	-15.13	13.13
Deslypere (b)	4.00	-10.13	18.13
Deslypere (c)	-7.00	-22.71	8.71
Dyerberg	-4.20	-10.67	2.27
Finnegan (a)	3.70	-6.41	13.81
Finnegan (b)	0.50	-8.29	9.29
Flaten	1.50	-3.67	6.67
Geelen	1.20	-5.12	7.52
Ginty	8.00	-1.46	17.46
Gustafsson	-8.00	-17.66	1.66
Hallund	-2.00	-7.55	3.55
Harris	-2.00	-12.83	8.83
Hellsten	-1.00	-13.78	11.78
Hughes (a)	2.40	-3.94	8.74
Hughes (b)	2.50	-6.48	11.48
Kelley	-9.60	-19.68	0.48
Landmark	-5.00	-14.72	4.72
Levinson	-5.00	-16.99	6.99
Lindqvist	2.10	-3.21	7.41
Mackness	-1.00	-9.95	7.95
McVeigh	-4.00	-14.79	6.79
Meland	1.00	-7.39	9.39
Mills (a)	1.00	-7.77	9.77
Mills (b)	6.00	3.23	8.77
Monahan	1.00	-6.84	8.84
Murphy	-5.00	-14.54	4.54
Nestel (a)	-3.00	-20.19	14.19
Nestel (b)	-2.00	-18.18	14.18
Noreen	-8.00	-14.62	-1.38
Passfall	-8.00	-19.43	3.43
Prisco	-8.00	-13.28	-2.72
Radack	-1.40	-9.19	6.39
Ryu	-4.30	-13.66	5.06
Sagara	-4.40	-14.19	5.39
Sanders	-3.50	-8.53	1.53
Sjoberg (a)	2.00	-4.93	8.93
Sjoberg (b)	0.50	-6.48	7.48
Sjoberg (c)	-1.50	-11.35	8.35
Stark	-0.30	-7.75	7.15
Steiner (a)	-2.00	-14.07	10.07
Steiner (b)	-2.00	-8.62	4.62
Theobald	-1.00	-6.80	4.80
Vakhapova	1.10	-4.16	6.36
Vericel	-12.00	-23.51	-0.49
Armstong	-0.24	-3.08	2.60
Dewell (a)	-5.00	-12.05	2.05
Dewell (b)	-6.00	-13.00	1.00
Grimsgaard (a)	-0.20	-1.84	1.44
Grimsgaard (b)	-1.20	-2.87	0.47
Knapp (a)	-8.70	-13.92	-3.48
Knapp (b)	-2.60	-8.21	3.01
Lofgren	4.90	-1.23	11.03
Maki (a)	-4.10	-8.12	-0.08
Maki (b)	-5.50	-10.46	-0.54
Neff	4.00	-2.75	10.75
Nordoy	-2.70	-8.50	3.10
Mori (a)	-3.50	-11.28	4.28
Mori (b)	-6.80	-16.19	2.59
Ramel (a)	-0.20	-3.13	2.73
Ramel (b)	1.20	-1.57	3.97
Ramel (c)	2.00	-0.70	4.70
THPCRG	-0.21	-1.52	1.10
Toft	-3.80	-7.54	-0.06
Vandongen (a)	-3.50	-7.11	0.11
Vandongen (b)	-1.30	-4.52	1.92
von Houwelingen	-0.30	-3.07	2.47
Wang	-3.00	-9.53	3.53
	-1.52	**-2.25**	**-0.79**

Difference in means and 95% CI

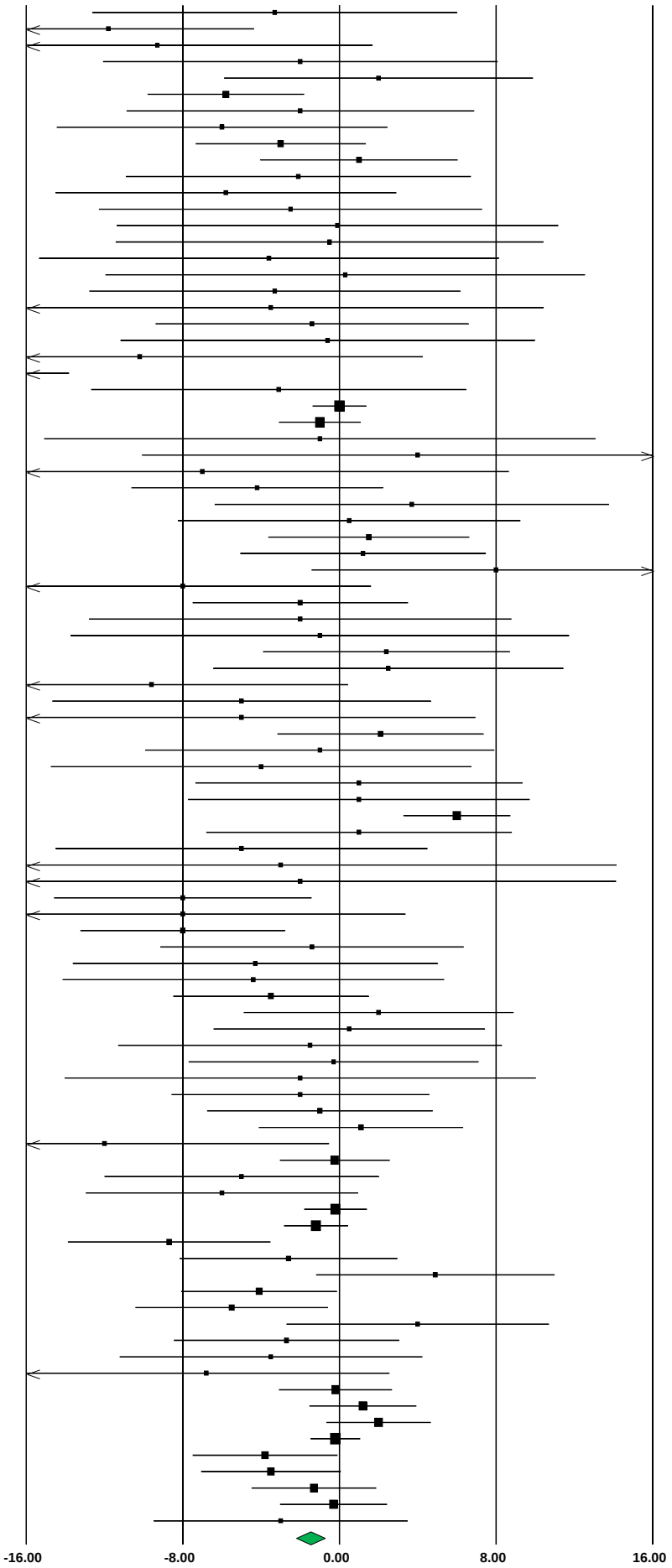

Figure S1. Results from meta-analysis of all RCTs investigating EPA+DHA and SBP. The squares represent average change in BP in individual RCTs, with 95% CIs. The diamond represents the pooled summary estimate. Letters following author names indicate different mutually exclusive trial strata within the same study or different trials by the same author.

Author last name

Difference in means and 95% CI

	Difference in means	Lower limit	Upper limit
Armstong	0.17	-1.95	2.29
Atar	-7.10	-11.63	-2.57
Bach	-4.00	-11.21	3.21
Barcelo-Coblijn (a)	-2.80	-9.80	4.20
Barcelo-Coblijn (b)	-2.80	-9.66	4.06
Bonaa	-2.80	-5.09	-0.51
Browning (a)	4.00	-1.43	9.43
Browning (b)	-1.00	-6.64	4.64
Buckley	-5.50	-10.69	-0.31
Carter (a)	1.00	-1.77	3.77
Carter (b)	0.00	-5.50	5.50
Cazzola (a)	0.80	-5.88	7.48
Cazzola (b)	1.40	-5.33	8.13
Cazzola (c)	0.20	-6.42	6.82
Cazzola (d)	0.90	-4.98	6.78
Cazzola (e)	-0.30	-7.20	6.60
Cazzola (f)	-1.20	-7.05	4.65
Chin (a)	1.40	-5.26	8.06
Chin (b)	0.20	-6.67	7.07
Chin (c)	1.10	-7.25	9.45
Cobiac (a)	-0.30	-6.77	6.17
Cobiac (b)	1.30	-4.73	7.33
Conquer	-6.80	-18.21	4.61
Croset	-6.00	-17.85	5.85
Demke	1.00	-6.10	8.10
Derosa (a)	0.20	-1.29	1.69
Derosa (b)	0.00	-1.47	1.47
Deslypere (a)	-4.00	-12.12	4.12
Deslypere (b)	0.00	-8.97	8.97
Deslypere (c)	-6.00	-15.52	3.52
Dewell (a)	-2.00	-6.37	2.37
Dewell (b)	-4.00	-6.80	-1.20
Dyerberg	-3.80	-8.88	1.28
Finnegan (a)	2.10	-2.80	7.00
Finnegan (b)	-0.50	-5.68	4.68
Flaten	-0.80	-5.40	3.80
Geelen	0.60	-2.78	3.98
Ginty	3.90	-0.78	8.58
Grimsgaard (a)	-0.40	-1.77	0.97
Grimsgaard (b)	-0.60	-1.89	0.69
Gustafsson	-3.00	-7.83	1.83
Hallund	-3.00	-7.33	1.33
Harris	3.30	-4.34	10.94
Hellsten	-7.00	-11.90	-2.10
Hill	-0.10	-6.24	6.04
Hughes (a)	-1.60	-7.57	4.37
Hughes (b)	0.20	-7.85	8.25
Kelley	-5.05	-10.84	0.74
Knapp (a)	-6.40	-12.74	-0.06
Knapp (b)	-0.10	-3.91	3.71
Landmark	0.00	-14.28	14.28
Levinson	-11.00	-16.13	-5.87
Lindqvist	0.80	-2.87	4.47
Lofgren	1.40	-3.72	6.52
Mackness	-4.00	-9.01	1.01
McVeigh	-2.00	-6.92	2.92
Meland	-1.00	-4.63	2.63
Mills (a)	5.00	3.36	6.64
Mills (b)	2.00	-5.07	9.07
Monahan	-3.00	-8.19	2.19
Mori (a)	-4.70	-8.82	-0.58
Mori (b)	-2.70	-6.35	0.95
Murphy	1.00	-4.65	6.65
Neff	1.00	-4.85	6.85
Nestel (a)	-2.00	-9.92	5.92
Nestel (b)	0.00	-8.28	8.28
Nordoy	0.20	-4.43	4.83
Noreen	-1.40	-6.10	3.30
Passfall	-6.00	-10.89	-1.11
Prisco	-6.00	-11.92	-0.08
Radack	-3.70	-7.74	0.34
Ramel (a)	0.50	-2.14	3.14
Ramel (b)	0.60	-1.71	2.91
Ramel (c)	-0.50	-3.02	2.02
Ryu	-2.00	-7.83	3.83
Sagara	-2.40	-8.93	4.13
Sanders	1.20	-2.16	4.56
Sjoberg (a)	3.30	-2.62	9.22
Sjoberg (b)	1.30	-4.87	7.47
Sjoberg (c)	1.60	-4.91	8.11
Stark	0.60	-4.19	5.39
Steiner (a)	-3.00	-6.47	0.47
Steiner (b)	-2.00	-6.11	2.11
Theobald	-2.40	-23.23	18.43
THPCRG	-0.62	-1.61	0.37
Toft	-2.00	-4.22	0.22
Vakhapova	0.50	-2.57	3.57
Vandongen (a)	-2.50	-5.25	0.25
Vandongen (b)	-1.20	-3.85	1.45
Vericel	-1.00	-7.13	5.13
von Houwelingen	-1.60	-3.84	0.64
Wang	-2.80	-8.17	2.57
	-0.99	**-1.54**	**-0.44**

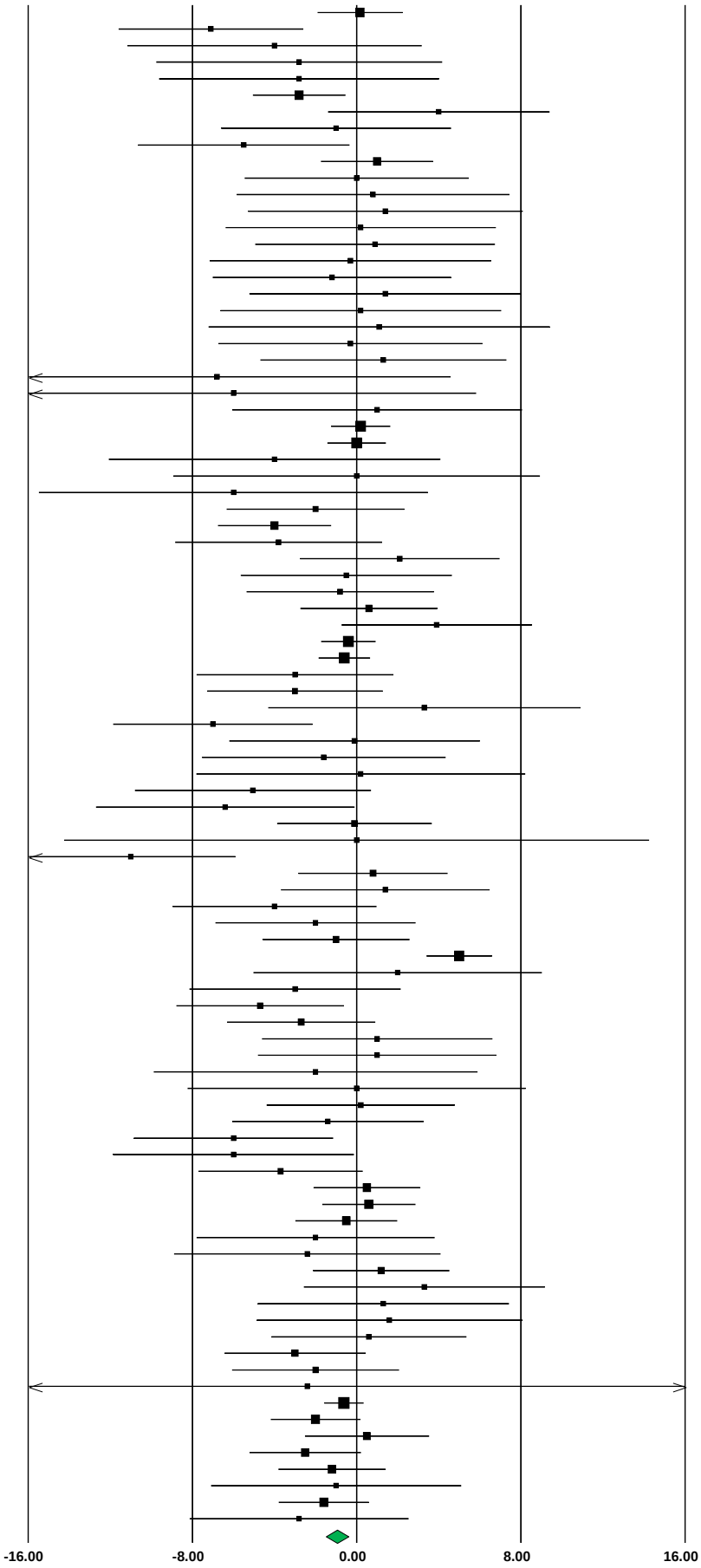

Figure S2. Results from meta-analysis of all RCTs investigating EPA+DHA and DBP. The squares represent average change in BP in individual RCTs, with 95% CIs. The diamond represents the pooled summary estimate. Letters following author names indicate different mutually exclusive trial strata within the same study or different trials by the same author.

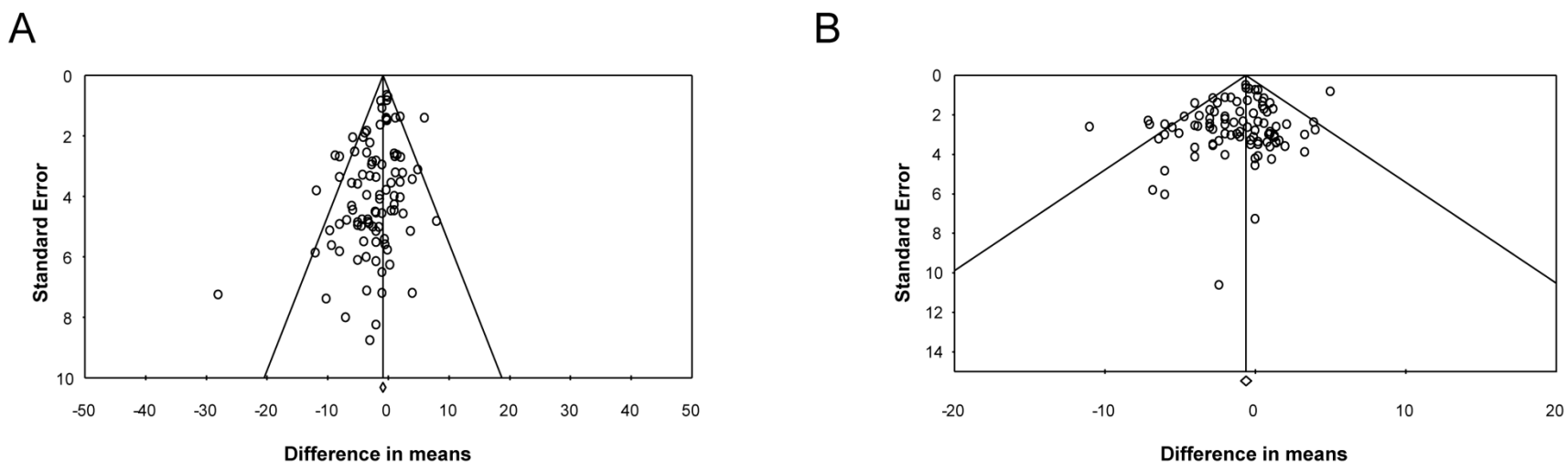

Figure S3. Funnel plot of standard error by difference in means to explore publication bias for SBP (funnel plot A) and DBP (funnel plot B). Egger's regression was equal to 0.005 for SBP and 0.019 for DBP, indicating potential publication bias to the right of the group mean. Trim and fill method imputed 27 studies to the right of the mean for SBP and 14 studies for DBP.