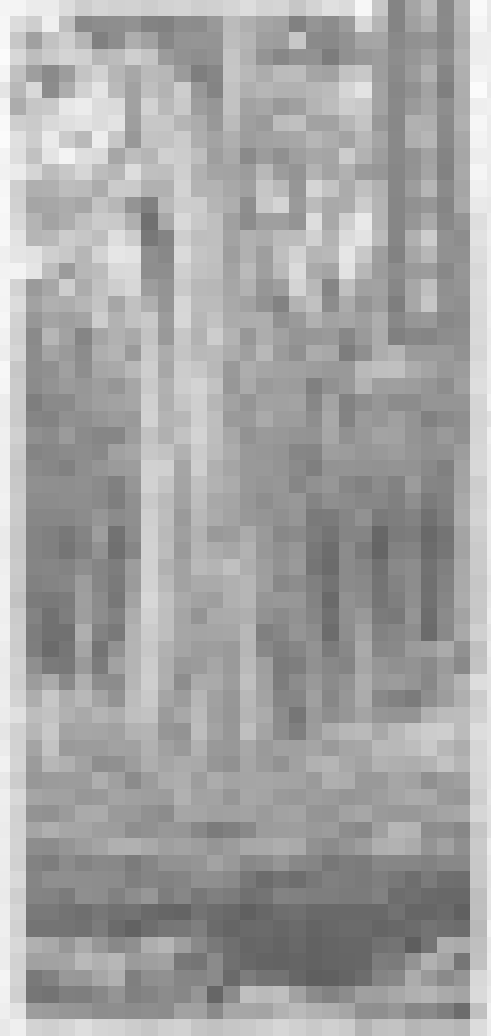




2. *Journal of the American Medical Association* (JAMA)

The *Journal of the American Medical Association* (JAMA) is a prominent medical journal that has published research on the health benefits of omega-3 fatty acids. In a study published in JAMA in 2005, researchers from the University of Iowa conducted a randomized, controlled trial involving 144 patients with a history of heart disease. The study compared the effects of a daily supplement of omega-3 fatty acids (fish oil) against a placebo. The results showed that the group receiving the omega-3 supplement had a significantly lower risk of cardiovascular mortality compared to the placebo group. This finding was consistent across various subgroups, including patients with different levels of cholesterol and blood pressure. The study's findings were widely cited in the medical community and the general public, contributing to the growing awareness of the potential health benefits of omega-3 fatty acids.



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