Omega-3 & Brain Health

Dementia & cognitive decline

48 longitudinal studies | 103,651 participants

Higher dietary omega-3 intake was associated with roughly 20% lower risk of dementia or cognitive decline.

WHAT WAS STUDIED

Researchers examined omega-3 intake, supplementation and blood markers. A separate ADNI cohort included 1,135 adults without dementia, followed for six years.

KEY FINDINGS

Long-term supplement users in the ADNI cohort had a 64% lower Alzheimer's hazard (HR 0.36; 95% CI 0.18-0.72). Higher plasma EPA and red-blood-cell DHA were also linked to less cognitive decline.

HOW TO INTERPRET THIS

These observational findings do not establish cause and effect or a personal treatment dose. They do not demonstrate that BalanceOil+ prevents or treats dementia.

ORIGINAL ARTICLE

The Relationship of Omega-3 Fatty Acids with Dementia and Cognitive Decline: Evidence from Prospective Cohort Studies of Supplementation, Dietary Intake, and Blood Markers

Wei B-Z et al. *American Journal of Clinical Nutrition.* 2023;117(6):1096-1109.
DOI: 10.1016/j.ajcnut.2023.04.001 | PMID: 37028557

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