

BalanceOil & Blood pressure

Blood pressure-lowering effects of long chain n-3 fatty acids from meals enriched with liquid fish oil and from microencapsulated powder.

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A new article was recently published about a study using our BalanceOil, base powder in BalanceShake and BalanceTest kit. The study was led by researchers at the Icelandic Food and Biotech R&D Institute and University of Iceland. Here, you can read a short summary of the study and the findings.

(Please note that the name of the products are not mentioned in the journal text, this is common in scientific studies)

Background

High blood pressure (often called hypertension) is the leading risk factor for cardiovascular diseases in the world. Intake of long chain omega-3 fatty acids, which we find in BalanceOil, may reduce blood pressure. Our main source of these fatty acids is oily seafood and seafood supplements, but the intake of these products is often low. In order to increase intake of omega-3, the researchers wanted to fortify regular foods with omega-3 oils. These oils can often have a strong smell and taste, which is why powders (like the base powder in BalanceShake) can be useful instead of oils.

The study

The participants were divided into three groups:

- 1) Food with added BalanceOil (and drinking protein shake as placebo shake)
- 2) Regular food and drinking base powder found in BalanceShake
- 3) Control group (regular food and drinking protein shake as placebo shake)

The groups received six meals each week for four weeks. At the beginning and end of the four weeks, all the participants were weighed, measured blood pressure and they took BalanceTest.

99 people below 50 years participated in the 4-week randomized, placebo-controlled, doubly-blinded dietary intervention study.

The results

Blood pressure was successfully reduced in both the groups consuming BalanceOil and the base powder in BalanceShake, but not in the control group that consumed regular foods and protein shake. At the same time, the BalanceTest also showed that the level omega-3 fatty acids increased in the blood of the participants in these two groups. This means that the BalanceShake powder is taken up in the body and has the same effect as the BalanceOil, which is what the researchers wanted to find out. The study also showed that those participants who had higher blood pressure at the beginning of the study had a better effect of the oil and powder than those who had normal blood pressure at the beginning.