

Effect of Dietary Supplements Containing Fish Oil on Weight in Adult Oncology Patients

12 Studies (Author, Year)	Fish Oil (FO) Dose Planned	Eicosapentaenoic Acid (EPA) Dose Planned	FO - Actual Dose Received	EPA - Actual Dose Received	Dosing Range (Planned or Actual)	Mean or Median Consumption
N/A means "Information not available."			Gray shading indicates a calculated rather than reported dose			
Bonatto 2012	2g FO/day for 8 weeks	0.3g EPA, 0.4g DHA	Authors state that dose was "lower than other studies" b/c it was thought that a lower dose would ↑ compliance; actual consumption N/A	N/A	0.3g/day EPA planned	N/A
Burns 2004	0.15g/kg/day. Divided into two doses: one at breakfast, one at lunch. 1mg capsules given.	4.7g EPA + 2.8g DHA (combination) for a 70kg patient	Patients assigned to receive 0.3g/kg, but had to ↓ to 0.15g/kg dose due to side effects. Authors stated "patients typically received the assigned dose (0.15mg/kg)"; weight range 40 - 89kg, so actual FO dose = 6.0 - 13.35g/day	Authors stated that EPA dose = 4.7g EPA/day for a 70kg patient	Calculated range based on weight is 2.6g - 5.97g EPA/day actual	N/A; authors stated "patients typically received the assigned dose"
Fearon 2006	N/A	Either 2.0g/day or 4.0g/day	N/A	2g patient compliance = 68%; 4g patient compliance = 75%; n.s.; (not amount of EPA); Compliance was considered 80% of planned dose, thus compliance for 2.0g group = 1.6g/day and 4g group = 3.2g/day.	2.0g or 4.0g planned	N/A

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Finocchiaro 2012	Capsules contained only EPA and DHA	4 capsules containing 510mg EPA + 340mg DHA combination	N/A but 6/19 patients dropped out	N/A	510mg EPA + 340mg DHA planned	N/A
Gogos 1995	18g FO/day	N/A	N/A	N/A	18g/day FO planned	N/A
Murphy 2011	Either (4) 1-g capsules/day for a total of 4g OR 7.5ml liquid FO/day	2.2g for both forms of FO	Patients were dropped from study at < 80% dose compliance, so lowest dose of FO = either 3.2g or 6g	Patients were dropped from the study at < 80% compliance, so lowest dose = 1.76g	1.76g - 2.2g EPA actual	N/A
Persson 2005	30ml/day FO	4.9g EPA, 3.2g DHA	Two intervention periods; 62% compliance throughout both intervention periods; compliance represents number of patients, not amount of FO; NA	N/A	N/A	N/A
Pratt 2002	12g/day FO	N/A	12g/day FO	N/A	11-13g/day FO actual	N/A

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Silva 2012	2g FO	600mg EPA and DHA combination	5/11 patients excluded from analysis for consuming < 80% FO dose; thus lowest dose of FO consumed = 1.6g	5/11 patients excluded from analysis for consuming < 80% FO dose; thus lowest dose of EPA/DHA consumed = 480mg	480 - 600mg EPA/DHA combination actual	N/A
Taylor 2010	500mg capsules marine phospholipids, 3x/day	0.278g EPA, 0.342g DHA	94%±2% of prescribed MPL capsules were taken	Lowest amount EPA taken = 0.25576g, highest amount = 0.26688g	~0.26g - 0.27g	N/A
Wigmore 2000	N/A	After gradually ↑ dose for 3 weeks, during weeks 4 - 12 patients received study dose of 6g EPA/day as (12)- 500mg capsules	N/A	N/A; however, most common side effects were listed as nausea, steatorrhea, bad taste	6g/day	N/A
Wigmore 1996	1g FO capsules providing 18% EPA; starting dose = 2g/day; each week dose was ↑ by 2g/day up to a max of 16g/day	2g FO contained 0.36g EPA	Median tolerated dose = 12g/day	At median tolerated dose of FO, dose of EPA = 2.16g/day	2.16g/day	