

KW wrote the initial manuscript and performed the data analysis. Adiponectin is an independent predictor of all-cause mortality, cardiac mortality, and myocardial infarction in patients presenting with chest pain.

### **Do fish oil supplements reduce inflammation?**

The authors therefore suggested that EPA, like insulin, stimulates leptin production by increasing the oxidative metabolism of glucose.

### **Omega**

The oils were emulsified products Coromega, Inc. Waist circumference was measured manually with a tape measure. In the present study, the fish oil was added on top of an ad libitum diet, with instructions given to the subjects to maintain their normal dietary patterns throughout the study.

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