

Omega-3 Fatty Acid supplementation for the prevention of arrhythmias.

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Fish oil, or omega-3 (n-3) polyunsaturated fatty acid (PUFA), supplements have been purported to produce potential health benefits. One of the strongest supported effects of n-3 PUFAs may be their potential benefits in reducing the risk of sudden cardiac death. This article reviews clinical and mechanistic studies that may explain the effects of these agents on ischemic arrhythmias, sudden death, and atrial fibrillation.