



Evaluation of the effect of Neptune Krill Oil on chronic inflammation and arthritic symptoms.

Deutsch L. *J Am Coll Nutr* 2007;26:39-48.

OBJECTIVES: a) To evaluate the effect of Neptune Krill Oil (NKO) on C-reactive protein (CRP) on patients with chronic inflammation and b) to evaluate the effectiveness of NKO on arthritic symptoms. **METHODS:** Randomized, double blind, placebo controlled study. Ninety patients were recruited with confirmed diagnoses of cardiovascular disease and/or rheumatoid arthritis and/or osteoarthritis and with increased levels of CRP (>1.0 mg/dL) upon three consecutive weekly blood analysis. Group A received NKO (300 mg daily) and Group B received a placebo. CRP and Western Ontario and McMaster Universities (WOMAC) osteoarthritis score were measured at baseline and days 7, 14 and 30. **RESULTS:** After 7 days of treatment NKO reduced CRP by 19.3% compared to an increase by 15.7% observed in the placebo group ($p=0.049$). After 14 and 30 days of treatment NKO further decreased CRP by 29.7% and 30.9%, respectively ($p<0.001$). The CRP levels of the placebo group increased to 32.1% after 14 days and then decreased to 25.1% at day 30. The between-group difference was statistically significant; $p=0.004$ at day 14 and $p=0.008$ at day 30. NKO showed a significant reduction in all three WOMAC scores. After 7 days of treatment, NKO reduced pain scores by 28.9% ($p=0.050$), reduced stiffness by 20.3% ($p=0.001$) and reduced functional impairment by 22.8% ($p=0.008$). **CONCLUSION:** The results of the present study clearly indicate that NKO at a daily dose of 300 mg significantly inhibits inflammation and reduces arthritic symptoms within a short treatment period of 7 and 14 days.

Effect of cocoa and tea intake on blood pressure: a meta-analysis.

Taubert D, Roesen R, Schomig E. *Arch Intern Med* 2007;167:626-634.

BACKGROUND: Epidemiological evidence suggests blood pressure-lowering effects of cocoa and tea. We undertook a meta-analysis of randomized controlled trials to determine changes in systolic and diastolic blood pressure due to the intake of cocoa products or black and green tea. **METHODS:** MEDLINE, EMBASE, SCOPUS, Science Citation Index, and the Cochrane Controlled Trials Register were searched from 1966 until October 2006 for studies in parallel group or crossover design involving 10 or more adults in whom blood pressure was assessed before and after receiving cocoa products or black or green tea for at least 7 days. **RESULTS:** Five randomized controlled studies of cocoa administration involving a total of 173 subjects with a median duration of 2 weeks were included. After the cocoa diets, the pooled mean systolic and diastolic blood pressure were -4.7 mm Hg (95% confidence interval [CI], -7.6 to -1.8 mm Hg; $P = .002$) and -2.8 mm Hg (95% CI, -4.8 to -0.8 mm Hg; $P = .006$) lower, respectively, compared with the cocoa-free controls. Five studies of tea consumption involving a total of 343 subjects with a median duration of 4 weeks were selected. The tea intake had no significant effects on blood pressure. The estimated pooled changes were 0.4 mm Hg (95% CI, -1.3 to 2.2 mm Hg; $P = .63$) in systolic and -0.6 mm Hg (95% CI, -1.5 to 0.4 mm Hg; $P = .38$) in diastolic blood pressure compared with controls. **CONCLUSION:** Current randomized dietary studies indicate that consumption of foods rich in cocoa may reduce blood pressure, while tea intake appears to have no effect.