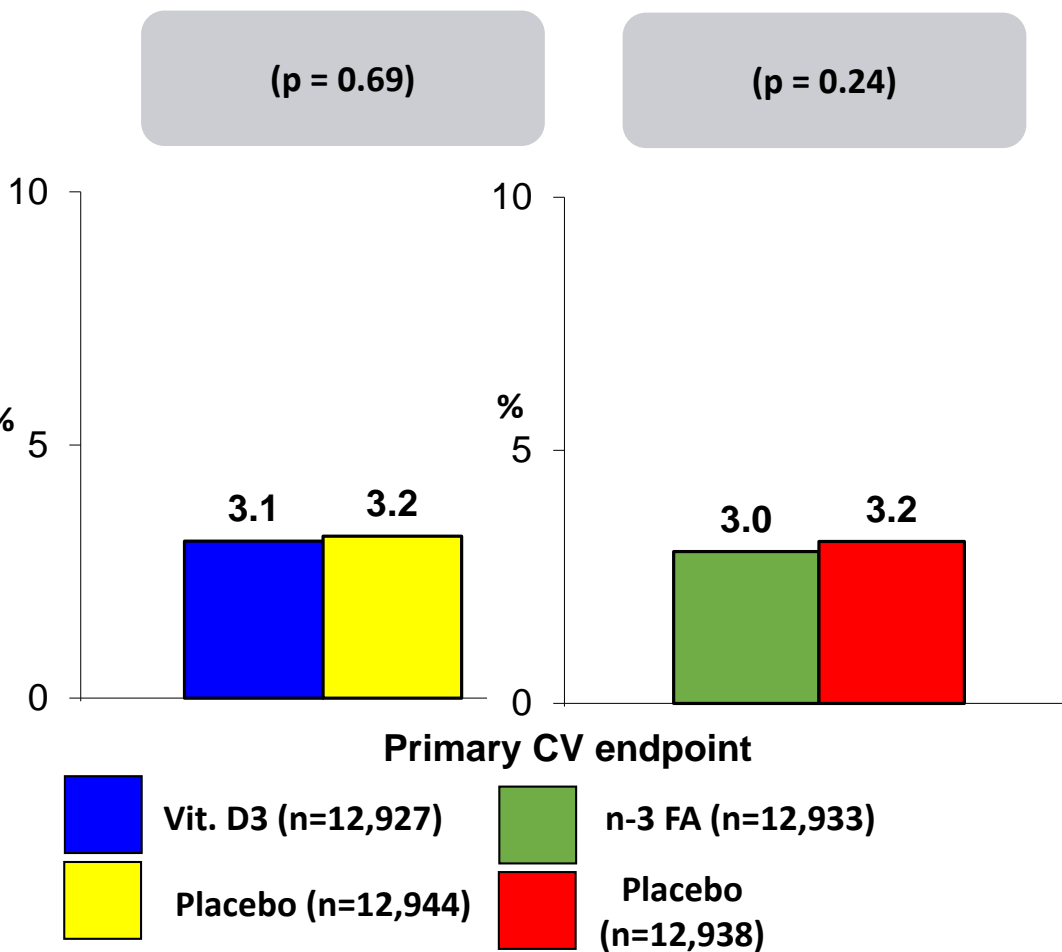


Trial description: In a 2 x 2 factorial design, healthy participants were randomized in a 1:1 fashion to either vitamin D3 or placebo, or n-3 fatty acid (FA) or placebo. Patients were followed for 5.3 years.



RESULTS

- Vitamin D3 vs. placebo: Primary CV endpoint: 3.1% vs. 3.2%, $p = 0.69$; primary cancer endpoint: 6.1% vs. 6.4%, $p = 0.47$
- n-3 FA vs. placebo: Primary CV endpoint: 3.0% vs. 3.2%, $p = 0.24$; primary cancer endpoint: 6.3% vs. 6.2%, $p = 0.56$

CONCLUSIONS

- Supplementation with either n-3 FA at a dose of 1 g/day or vitamin D3 at a dose of 2000 IU/day was not effective for primary prevention of CV or cancer events among healthy middle-aged adults over 5 years of follow-up
- One of the largest trials on this topic

Manson JE, et al. N Engl J Med 2019;380:23-32, 33-44