

Supplementary Online Content

Assadourian JN, Peterson ED, McDonald SA, Gupta A, Navar AM. Health claims and doses of fish oil supplements in the US. *JAMA Cardiol*. Published online August 23, 2023. doi:10.1001/jamacardio.2023.2424

eTable 1. Qualified Health Claims for Fish Oil Supplements

eFigure. Flow Diagram for Supplement Label Sample

eTable 2. String Search Terms to Augment Health Claim Label Statement Categorization

eTable 3. Names of Manufacturer and Retailer Fish Oil/Omega-3 Supplements Included in Dosing Analysis

eTable 4. EPA, DHA, and EPA+DHA Doses in Fish Oil and Omega-3 Supplements by Manufacturer/Retailer

This supplementary material has been provided by the authors to give readers additional information about their work.

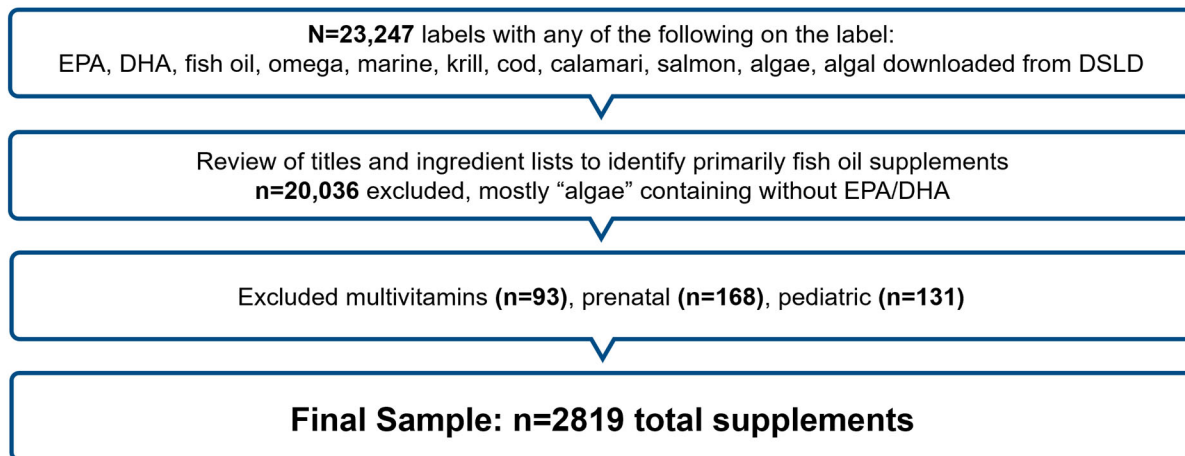
eTable 1. Qualified Health Claims for Fish Oil Supplements

This table displays FDA-approved language for qualified health claims (QHCs) for fish oil supplements. All QHCs include mitigating language reflecting lack of scientific consensus.

Claim Type (Year Approved)	Example Text
Blood Pressure (2019)	Consuming EPA and DHA combined may help lower blood pressure in the general population and reduce the risk of hypertension. However, FDA has concluded that the evidence is inconsistent and inconclusive. One serving of [name of the food or dietary supplement] provides [] gram(s) of EPA and DHA.
	Consuming EPA and DHA combined may reduce the risk of CHD (coronary heart disease) by reducing the risk of hypertension. However, FDA has concluded that the evidence is inconsistent and inconclusive. One serving of [name of the food or dietary supplement] provides [] gram(s) of EPA and DHA.
	Research shows that consuming EPA and DHA combined may be beneficial for moderating blood pressure, a risk factor for CHD (coronary heart disease). However, FDA has concluded that the evidence is inconsistent and inconclusive. One serving of [name of the food or dietary supplement] provides [] gram(s) of EPA and DHA.
Coronary Heart Disease (2004)	Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

eFigure. Flow Diagram for Supplement Label Sample

This flow chart diagram displays the initial sample of fish oil supplement labels included. The exclusion criteria included multivitamins, prenatal, and pediatric formulations. The final sample was n=2,819 fish oil supplement labels.



eTable 2. String Search Terms to Augment Health Claim Label Statement Categorization

The table shows all text string searches used on label statements to identify the keywords indicating possible health claims by organ system

Heart and Cardiovascular Health	"heart", "cardio", "blood pressure", "coronary", "artery", "vascular", "cardiovascular", "myocardial", "circulation", "blood", "vessel", "platelets", "elasticity"
Brain, Neurological, and Mental Health	"cognition", "cognitive", "mood", "brain", "dementia", "depression", "mind", "spinal", "nervous", "nerve", "neuro", "stress", "concentration", "focus", "emotion", "learning", "relax", "clarity"
Joint Health	"arthritis", "joint", "pain", "bone", "density", "mobility"
Eye Health	"visual", "eye", "sight", "eyesight", "vision", "ocular", "acuity", "retina"
Other Musculoskeletal Health	"muscle", "strength", "flexibility", "connective"
Lipid/Cholesterol Lowering	"lipid", "cholesterol"
Triglyceride Lowering	"triglyceride"
Immune Function and Inflammation	"immune," "infection," "inflammatory", "inflammation", "prostaglandins", "cytokine"
Antioxidant Strength/Cell Membrane Integrity	"cell", "membrane", "radicals", "antioxidant"
QHC language	"supportive", "conclusive", "evidence"

eTable 3. Names of Manufacturer and Retailer Fish Oil/Omega-3 Supplements Included in Dosing Analysis

This table displays the manufacturers and retail companies investigated with regards to the EPA/DHA doses. In some cases, manufacturer/retail companies have more than one brand name, so these are shown in the right-handed column.

Manufacturer/Retail Company	Brand Names
Nordic Naturals, Inc.	Nordic Naturals
NutriGold Inc.	NutriGold
Reckitt Benckiser Group plc	Schiff MegaRed, Schiff
i-Health, Inc.	Ovega, life's DHA
Pharmavite LLC	Nature Made
NOW Foods	NOW, NOW Sports
Natrol LLC	Natrol
Carlson Laboratories	Carlson
The Nature's Bounty Co.	Nature's Bounty
Amazon.com	Amazon Elements
Walmart	Equate, Member's Mark, Spring Valley
The Kroger Co.	Kroger
Costco Wholesale	Kirkland Signature
Walgreens Boots Alliance	Well At Walgreens, Finest Nutrition
Target	up&up
CVS Health Corporation	CVS Pharmacy, CVS Health

eTable 4. EPA, DHA, and EPA+DHA Doses in Fish Oil and Omega-3 Supplements by Manufacturer/Retailer

Brand Name	N	EPA (mg/day) Median (IQR), Range	DHA (mg/day) Median (IQR), Range	EPA+DHA (mg/day) Median (IQR), Range
Company A	5	35.5 (8.5-46.75), 0-50	34 (26-234), 24-300	73 (58-187), 50-300
Company B	28	210 (50-527.5), 0-1430	215 (33-345), 24-570	475 (103-877.5), 73-2000
Company C	2	235 (60-410), 60-410	150 (30-270), 30-270	385 (90-680), 90-680
Company D	11	64 (50-934), 50-1356	30 (24-544), 24-888	600 (74-720), 50-2244
Company E	7	111 (50-324), 50-324	108 (24-216), 24-216	250 (74-285), 50-540
Company F	41	400 (195-720), 0-2000	500 (210-950), 0-2270	925 (585-1575), 195-2700
Company G	11	180 (120-360), 0-646	200.1 (90-430), 55-500	500 (230-600), 175-1076
Company H	17	360 (66.75-524), 0-1000	225 (61.75-246), 32-576	500 (323.5-630), 50-1440
Company I	16	155 (40-625), 24-2712	133 (27.75-247.8), 20-1776	267 (67-881), 60-4488
Company J	53	340 (270-762.5), 0-1950	425 (287.5-510), 160-1060	850 (550-1260), 390-2925
Company K	30	405 (132.8-720), 0-1200	330 (180-525), 40-1200	900 (510-1200), 70-1800
Company L	13	800 (130-1200), 96-1500	400 (79-525), 44-900	1200 (209-1750), 140-2300
Company M	3	0 (0-135), 0-135	270 (200-900), 200-900	405 (200-900), 200-900
Company N	16	128 (50-360), 45-360	60 (27-240), 24-240	314 (115.5-569), 53-630
Company O	1	650 (650-650), 650-650	450 (450-450), 450-450	1100 (1100-1100), 1100-1100
Company P	1	---	---	720 (720-720), 720-720
Overall	255	340 (135-647), 0-2712	270 (140-500), 0-2270	600 (300-1100), 50-4488