



Participation Criteria Checklist

Docosahexaenoic acid (DHA), eicosapentaenoic acid (EPA), and their effects on adults ages 25-50 years: a 16-week dietary supplement intervention study

IRB# 20-472

In order to participate in this study, you must meet all of the following criteria. If you have any questions about these items, please contact us via www.omega3study.com.

If you do not currently meet one or more criteria and the situation is temporary, please let us know so that we can remain in contact with you and mutually determine if you are able to participate once your qualification status changes.

Inclusion criteria

- Ages 25-50 years
- Females:
 - Pre-menopausal
 - Neither pregnant nor lactating
 - Not planning to become pregnant during the study
- Regular participation in moderate to vigorous exercise:
 - Minimum of 2 hours per week
 - Average of 3-4 hours per week
 - Commitment to maintaining this level of activity
- Experience jogging or running on a treadmill
- Ownership of a tablet or smartphone and familiarity with using applications

Exclusion criteria

- Inability to commit to the daily requirements of the study protocol
- Significant weight loss or weight gain within 30 days of the first lab visit
- Exercise activity less than 2 hours per week
- Consumption of omega-3 supplements within the past 4 months
- Consumption of oily fish (e.g., salmon) more than once per week
- Difficulty swallowing pills, softgels, or capsules
- Blood or bleeding disorders
- Difficulty or unease having blood samples taken
- Prior episodes of fainting during blood collection
- One or more incomplete responses to the PAR-Q+
- Elevated risk of injury
- Injury or illness that interferes with typical diet or exercise activities