

Table 1: Handling Challenges Specific to Clinical Trials of Omega-3

<i>Nature of Challenge</i>	<i>Potential Impact on Conclusions Made</i>	<i>Recommendations to Address Challenge</i>
<ul style="list-style-type: none"> Participant expectations 	Favours omega-3	Collect evidence of successful blinding
<ul style="list-style-type: none"> Timing of effects 	Reduces overall responses found (regardless of group)	Collect evidence of successful blinding
<ul style="list-style-type: none"> Taste 	Favours omega-3	Match placebo for taste and odour of omega-3 Collect evidence of successful blinding
<ul style="list-style-type: none"> Self-administration 	Reduces or masks any true group differences	Validate actual omega-3 consumption (e.g., through food diaries, blood samples)