

Omega-3 oil from GMO plants equivalent to fish oil, human clinical study shows

Research has shown that key omega-3 fatty acids within GM plant oils are taken up and processed by the body in exactly the same way as when fish oils are eaten. The findings are great news for Rothamsted, where Prof Johnathan Napier has pioneered the modification of the Camelina plants to produce the enhanced vegetable oil

He said: “.... This first study in humans is both an important scientific advance and another step on our journey towards making this oil available to the consumer.” Mainly found in fish oil and oily fish, the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are key components of cell membranes and important for health and development, but there are no natural plant sources of these omega-3s.

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Their findings, which are published in the [British Journal of Nutrition](#), show that when young and middle-aged men and women consumed the same amount of key fatty acids in a single standard meal, either as fish oil or as the oil from the genetically modified plant, there was no difference in their uptake or in the processing of the fats by the body.

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