Evidence Table 85. KQ2—Continuous data—Systolic blood pressure (SBP)

| **Author Year**  **Study Design** | **CHD Risk Category** | **CVD drug** | **Dose** | **Supplement/ Control** | **N** | **Definition of outcome** | **Post treatment Mean/**  **(Median)**  **SD/SE**  **Lower limit (IQR, 95% CI)**  **Upper Limit (IQR, 95% CI)** | **Mean change/% change from baseline/**  **SD/**  **P Value** | **Between group differences in Means/medians**  **SD/**  **P Value** | **Summary of Results** | **Overall Risk of Bias (ROB) Assessment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ferraro 200922  parallel | Unclear | ramipril | 10 | Omega-3 (EPA, DHA, or both). | 15 |  | Mean: 123  Median  SD: 23  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | No treatment (aside from CVD drug) | 15 | Mean:123  Median  SD: 19.9  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Meyer 200746 | Unclear | simvastatinstatin, 13 atorvastatin, 4 pravastatin, 2 cerivastatin and 2 ﬂuvastatin  81 | 81 | Fish/marine oils | 13 | Supine in clinic | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: | Report states that no changes were noted in SBP across groups and results are not shown | medium |
|  | Fish/marine oils | 13 |  |  |
|  | Placebo | 14 | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |

| Evidence Table 85. KQ2—Continuous data—Systolic blood pressure (SBP) (continued) | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author Year**  **Study Design** | **CHD Risk Category** | **CVD drug** | **Dose** | **Supplement/ Control** | **N** | **Definition of outcome** | **Post treatment Mean/**  **(Median)**  **SD/SE**  **Lower limit (IQR, 95% CI)**  **Upper Limit (IQR, 95% CI)** | **Mean change/% change from baseline/**  **SD/**  **P Value** | **Between group differences in Means/ medians**  **SD/**  **P Value** | **Summary of Results** | **Overall Risk of Bias (ROB) Assessment** |
| Sutken 200663  parallel | Low and/or Moderate | Gemfibrozil | 1200 | Vitamin E. | 22 | Data for elderly sub-group | Mean: 132  Median  SD:  SE:8  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: | Other continuous outcomes also measured in this study: BMI, Height , Weight, Glutathione - whole blood, Malondialdehyde - plasma, Vitamin E, Erythrocyte GPx and SOD activities | high |
|  | No treatment (aside from CVD drug) | 23 | Mean:125  Median  SD:  SE:6.7  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Sutken 200663  parallel | Low and/or Moderate | Gemfibrozil | 1200 | Vitamin E. | 22 | For young sub-group | Mean: 125  Median  SD:  SE:5  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | high |
|  | No treatment (aside from CVD drug) | 23 | Mean:128  Median  SD:  SE:7.7  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Macan 200640  parallel | Low and/or Moderate | Warfarin | NR | Garlic. | 22 |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:2.9  % mean:  Median:  SD:  18.7  P:0.697 | Mean:  Median:  SD:  P:  0.697 | This study also assesses the continuous outcome: weight | medium |
|  | Placebo | 26 | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:0.7  Median:  SD:  19.7  P: |
| Playford 200358 parallel | At high risk for CHD | Fenofibrate | 200 | Coenzyme Q10.  200 mg plus 200 mg fenofibrate | 18 | measured after 14 hr fast;  measured after resting in supine for 10 minutes, at 2 minute intervals for 10 minutes | Mean: 127.4  Median  SD:  SE:3.8  Lower:  Upper: | Mean:-4.4  % mean:  Median:  SD:  P: | Mean:3.4  Median:  SD:  P:0.033 |  | low-medium |
|  | No treatment (aside from CVD drug) | 17 | Mean:130.8  Median  SD:  SE:4.3  Lower:  Upper: | Mean:0.4  Median:  SD:  P: |
|  | Coenzyme Q10.  200 mg CoQ10 only | 20 | Mean:124.8  Median  SD:  SE:3.4  Lower:  Upper: | Mean:-4  Median:  SD:  P: |
|  | Placebo | 18 | Mean:137.8  Median  SD:  SE:4  Lower:  Upper: | Mean:1.2  Median:  SD:  P: |
| Barbagallo 19995  parallel | Unclear | furosemide | 25 | Vitamin E. | 12 | supine, overnight fasted, empty bladder | Mean: 132  Median  SD: 6  SE:  Lower:  Upper: | Mean:26  % mean:  Median:  SD:  P:  <0.001 | Mean:3  Median:  SD:  P: | calculation of mean change from baseline questionably as it won’t be useable (SD cannot be inferred, I don’t think.). | medium |
|  | No treatment (aside from CVD drug) | 12 | Mean:135  Median  SD: 5  SE:  Lower:  Upper: | Mean:22  Median:  SD:  P:  <0.001 |
| Howe 199430  parallel | Unclear | Captopril | 61 | Fish/marine oils. | 14 |  | Mean: 139  Median  SD:  SE:6  Lower:  Upper: | Mean:4.3  % mean:  Median:  SD:  P: | Mean:4.2  Median:  SD:  P:0.05 |  | medium |
|  | Placebo | 14 | Mean:140  Median  SD:  SE:4  Lower:  Upper: | Mean:5.3  Median:  SD:  P: |
|  | Fish/marine oils. | 14 | Mean:138  Median  SD:  SE:4  Lower:  Upper: | Mean:7.7  Median:  SD:  1.8  P: |
|  | Placebo | 14 | Mean:135  Median  SD:  SE:5  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Paolisso 199257  parallel | Unclear | hydrochlorthiazide | 25 | Magnesium. | 9 | supine, fasted (12 h) and at rest for 30 minutes - measured over 60 minutes, mean of last 10 minutes of measurement included. | Mean: 171  Median  SD:  SE:8  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P:  <0.04 |  | medium |
|  | Placebo | 9 | Mean:159  Median  SD:  SE:4  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Nordøy 200355  parallel | Mod and high risk | atorvastatin | 10 | Fish/marine oils. | 22 |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:-5.5  % mean:  Median:  SD:  11.3  P: | Mean:  Median:  SD:  P:  0.03 |  | medium |
|  | Placebo | 20 | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:3  Median:  SD:  12.8  P: |
| Reyes 198459  parallel | Low and/or Moderate | hydrochlorothiazide | 50 | Magnesium. | 13 | Patients rested supine for 10 minutes prior to measurement - an average of 3 measurements rounded to nearest 10 mmHg - 900-1100hr readings | Mean: 145.4  Median  SD:  SE:3.3  Lower:  Upper: | Mean:  % mean: -7  Median:  SD:  <0.02  P:  <0.005 | Mean:  Median:  SD:  P: | Percent change data taken from graph - 2.5% = 1.1 cm, rounded to the nearest 0.5% | medium |
|  | Placebo | 8 | Mean:147.5  Median  SD:  SE:3.7  Lower:  Upper: | Mean:  % mean:-8  Median:  SD:  P: |
| Reyes 198459  parallel | Low and/or Moderate | hydrochlorothiazide | 50 | Magnesium. | 13 | Erect systolic blood pressure  Patients rested erect for 10 minutes prior to measurement - an average of 3 measurements rounded to nearest 10 mmHg | Mean: 145  Median  SD:  SE:2  Lower:  Upper: | Mean:  % mean: -7  Median:  SD:  <0.01  P:  <0.01 | Mean:  Median:  SD:  P: | Data extracted from bar charts - method of extraction verified for other variables that had corresponding numerical summary. In this case for final mean and SEM 1.9 cm = 40 mmHg and results rounded to nearest whole mmHg. For % change from time of randomization 1.1 cm = 2.5% and results rounded to nearest 0.5% | medium |
|  | Placebo | 8 | Mean:145  Median  SD:  SE:2  Lower:  Upper: | Mean:  % mean:-6.5  Median:  SD:  P: |
| Dehmer 198817  parallel | At high risk for CHD | aspirin + Dipyridamole + ca channel blockers) | ASA: 325; dipyridamole: 225; Ca blocker: NR | Omega-3 (EPA, DHA, or both). | 43 |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:6  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | No treatment (aside from CVD drug) | 39 | Mean:36  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Wolf 200668  crossover | Low and/or Moderate | ASA | 500 | ginkgo biloba | NR |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: | Study states that: Laboratory findings in all subjects were un-remarkable and did not indicate any differences between the treatment groups. Similarly, no noteworthy changes of vital sign variables occurred during the study | low-medium |
|  |  | NR | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Paolisso 199556  crossover | At high risk for CHD | nifedipine | 88 | Vitamin E | 30 |  | Mean: 147  Median  SD:  SE:6.3  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | Placebo | 30 | Mean:149  Median  SD:  SE:6.1  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Lungershausen 199438  crossover | Unclear | b-blockers | NR | Fish/marine oils | 25 | Clinical systolic BP (no exercise or eating for 2hr before, empty bladder, resting for 5 minutes); taken by averaving 3 or 4 consecutive readings after discarding initial reading | Mean: 127  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: | Data of mean measured from histogram (10 mmHg = 2.2 cm). Measure of dispersion not stated. This study is at risk of selective outcome reporting; p-values for crude difference also don't make sense in context | medium |
|  | Placebo | 25 | Mean:131  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Lungershausen 199438  crossover | Unclear | b-blockers | NR | Fish/marine oils | 25 | Ambulatory systolic BP - Measured over next 24 hours using Spacelab 90207 instrument, same time of day; taken at 20 min intervals during wake and every 1 hour during sleep. | Mean: 128  Median  SD:  SE:  Lower:  Upper: | Mean:2.5  % mean:  Median:  SD: 1  P: | Mean:  Median:  SD:  P: <0.05 | Data of mean measured from histogram (10 mmHg = 2.2 cm). Measure of dispersion not stated. Data of mean difference in text. This study is at risk of selective outcome reporting; p-values for crude difference | medium |
|  | Placebo | 25 | Mean:131  Median  SD:  SE:  Lower:  Upper: | Mean:3.3  Median:  SD: 1.8  P: |
| Aruna 20072  crossover | At low risk for CHD (0-1 risk factors) | Clopidogrel 75 mg | 105 to 200 (cilostazol); 75 to 150 (clopidogrel) | ginkgo biloba | 10 |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: | “There was no significant change in systolic BP in any of the groups…” | medium |
|  | No treatment | 10 | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Mueller 199151  crossover | Low and/or Moderate | aspirin | 325 - single dose | Fish/marine oils | 12 | before and 90 minutes after a single oral 325-mg dose of aspirin. Done by blinded operator | Mean: 117  Median  SD: 12.47  SE:  Lower:  Upper: | Mean:-0.6  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | Placebo | 12 | Mean:117.08  Median  SD: 11.54  SE:  Lower:  Upper: | Mean:-0.52  Median:  SD:  P: |
| Maki 200841  crossover | Low and/or Moderate | simvastatin | 20 | Omega-3 | 39 | At rest, seated | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | Placebo | 40 | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  % mean: 0.3  Median:  SD:  P: |
| Wirell 199467  Crossover | Unclear | metoprolol, atenolol, pindolol & propanolol | NR | magnesium | 39 | standing | Mean: 141.62  Median  SD: 18.4  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | Placebo | 39 | Mean:145.96  Median  SD: 23.62  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
| Wirell 199467  Crossover | Unclear | metoprolol, atenolol, pindolol & propanolol | NR | magnesium | 39 | supine | Mean: 145.05  Median  SD: 18.2  SE:  Lower:  Upper: | Mean:  % mean:  Median:  SD:  P: | Mean:  Median:  SD:  P: |  | medium |
|  | Placebo | 39 | Mean:149.31  Median  SD: 18.61  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |
|  |  |  | Mean:  Median  SD:  SE:  Lower:  Upper: | Mean:  Median:  SD:  P: |