

PEOs versus Fish Oil

IOWA: Investigating Oils With Respect to Arterial Flexibility Significant differences in biological age compared to physical age

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Subjects Discontinued Fish Oil Supplementation, replacing it with PEO Formulation

Significant differences ($p=0.0001$) with an experimental error of the mean ± 5 years. Subjects' cardiovascular biological age (average of) **11.1 years lower** than their actual physical age.

PEOs versus fish oil

The effects of the PEOs were evaluated in subjects who ceased fish oil supplementation, replacing it with a daily dosage of 2,900 mg PEO formulation. The effects of the PEO formulation were measured in 15 subjects: seven (7) male subjects and eight (8) female subjects aged 46-74, with a *mean age of 60-years-old*, utilizing the formulation an average duration of 3.5 months. Vascular assessment was made via Photoplethysmography measuring arterial flexibility.

Overall Improvement

Thirteen (13) of the fifteen (15) subjects improved with the PEOs for an **87% effectiveness** rating and an **NNT of $15 / 13 = 1.2$** . **Improvement was 11.1 years** as measured by standard population samples.

On average, the PEO formulation quickly improved the cardiovascular system's arterial flexibility by over 11 years (younger) in the subjects. Thirteen (13) subjects improved; one (1) subject remained the same, one (1) subject worsened by 1 year. Results were highly statistically significant ($p=0.0001$) – **99.99% accuracy**.

Subjects with “high cholesterol”

Of the seven (7) subjects previously diagnosed with high cholesterol levels replacing fish oil supplements with the PEO formulation instead, six (6) subjects improved their cardiovascular biological ages. This translates to an **NNT of $7 / 6 = 1.2$** for improvement in cardiovascular system compliance in subjects with high cholesterol manifestations of heart disease.

Subject with both diabetes and “high cholesterol”

One (1) subject having both diabetes and high cholesterol diagnosis also improved.

Comparison to Statins

As a comparative example, statins, as reported by the pharmaceutical industry, have NNTs > 80 in preventing a cardiovascular event.

This means a minimum of 80 patients would need to be treated to see a single (1) positive outcome.

In contrast, the PEOs improve a much more direct physiologic measure, i.e., arterial flexibility, in a profound way resulting in a **remarkable 1.2 NNT**.

Statin user improvements

Two patients are taking statins and both subjects improved their biological age by twenty years for an **NNT = 1 in those patients taking statins**. NNTs of less than 50 are considered excellent. Even with the small number of subjects in this sub-group taken into account, the results of this trial are exceptional and not due to chance.

These results clearly show that the PEO formulation is superior to fish oil supplements in preventing and reversing cardiovascular disease. In fact, as this experiment definitely shows, fish oil WORSENS arterial compliance because the improvement is greater with fish oil taken than nothing!

Statistics (Highly Significant) — 99.99% Accuracy

Analysis by Alex Kiss, Ph.D. (statistics) — August 20, 2010

Mean of BIO_AGE_W_FO variable		Mean of BIO_AGE_PEO variable	
Analysis Variable: BIO_AGE_W_FO		Analysis Variable: BIO_AGE_PEO	
Mean	Std Dev	Mean	Std Dev
49.20	11.33	38.07	8.12

Paired t-test run: mean change (FO - PEO) was found to be 11.1 (sd=8.4).
This was statistically significant (p=0.0001)

Analysis Variable: diff			
Mean	Std Dev	t value	Pr > t
11.13	8.37	5.15	0.0001