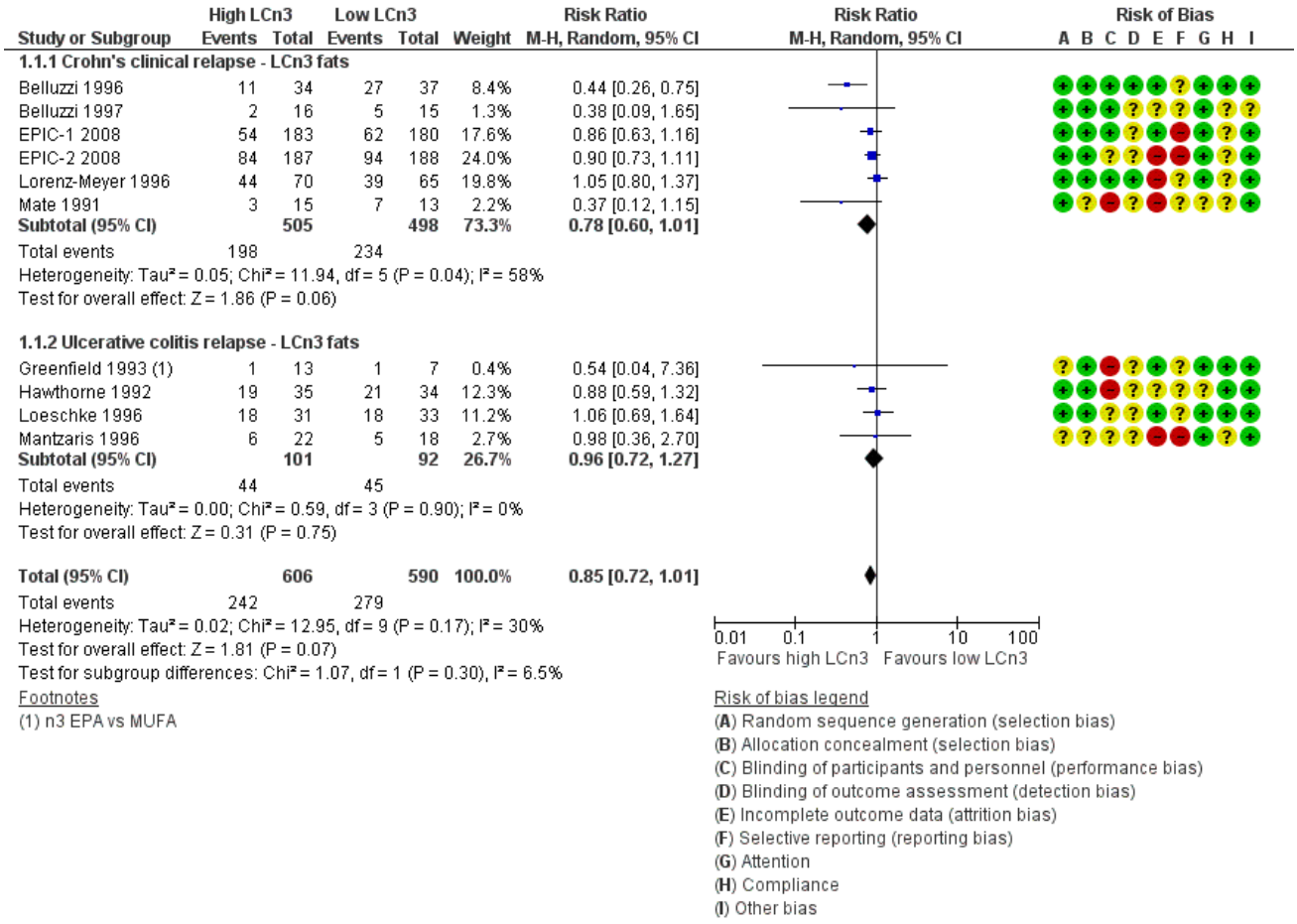

Figure 1. Forest plot of random effects meta-analysis on effects of LCn3 on relapse in CD and ulcerative colitis.
CD: Crohn's Disease, LCn3: long-chain omega-3, EPA: Eicosapentaenoic acid, M-H: Mantel–Haenszel, MUFA: mono-unsaturated fatty acid.

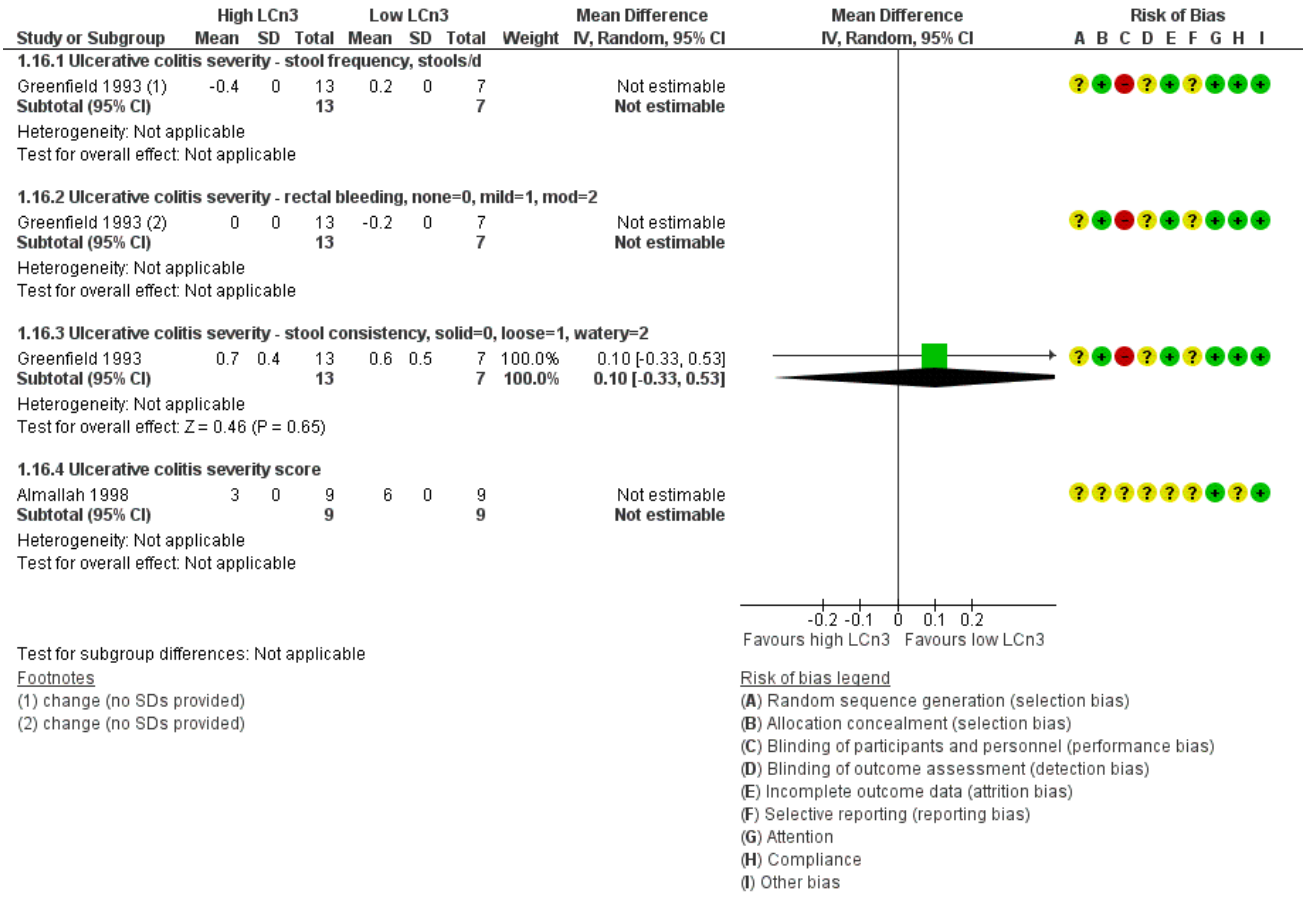

Figure 2. Forest plot of meta-analysis on effects of LCn3 on relapse in UC severity.
LCn3: long-chain omega-3, IV: inverse variance, SD: standard deviation, UC: ulcerative colitis.

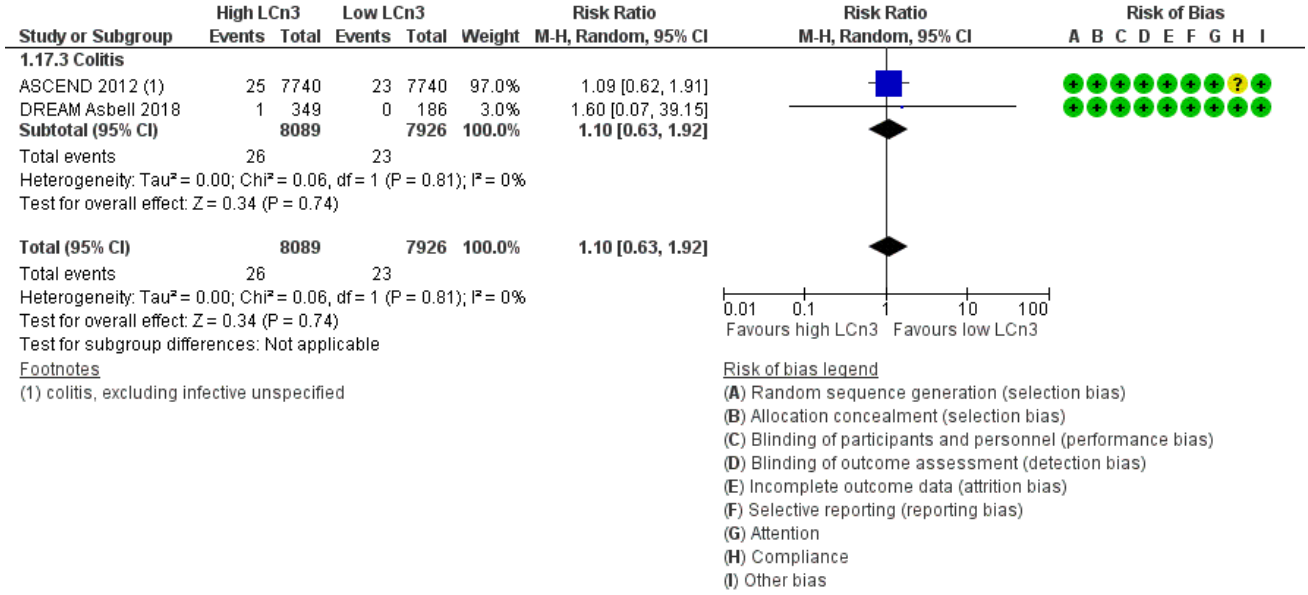

Figure 3. Forest plot of meta-analysis on effects of LCn3 on diagnosis of IBD.
IBD: inflammatory bowel disease, LCn3: long-chain omega-3, M-H: Mantel–Haenszel.

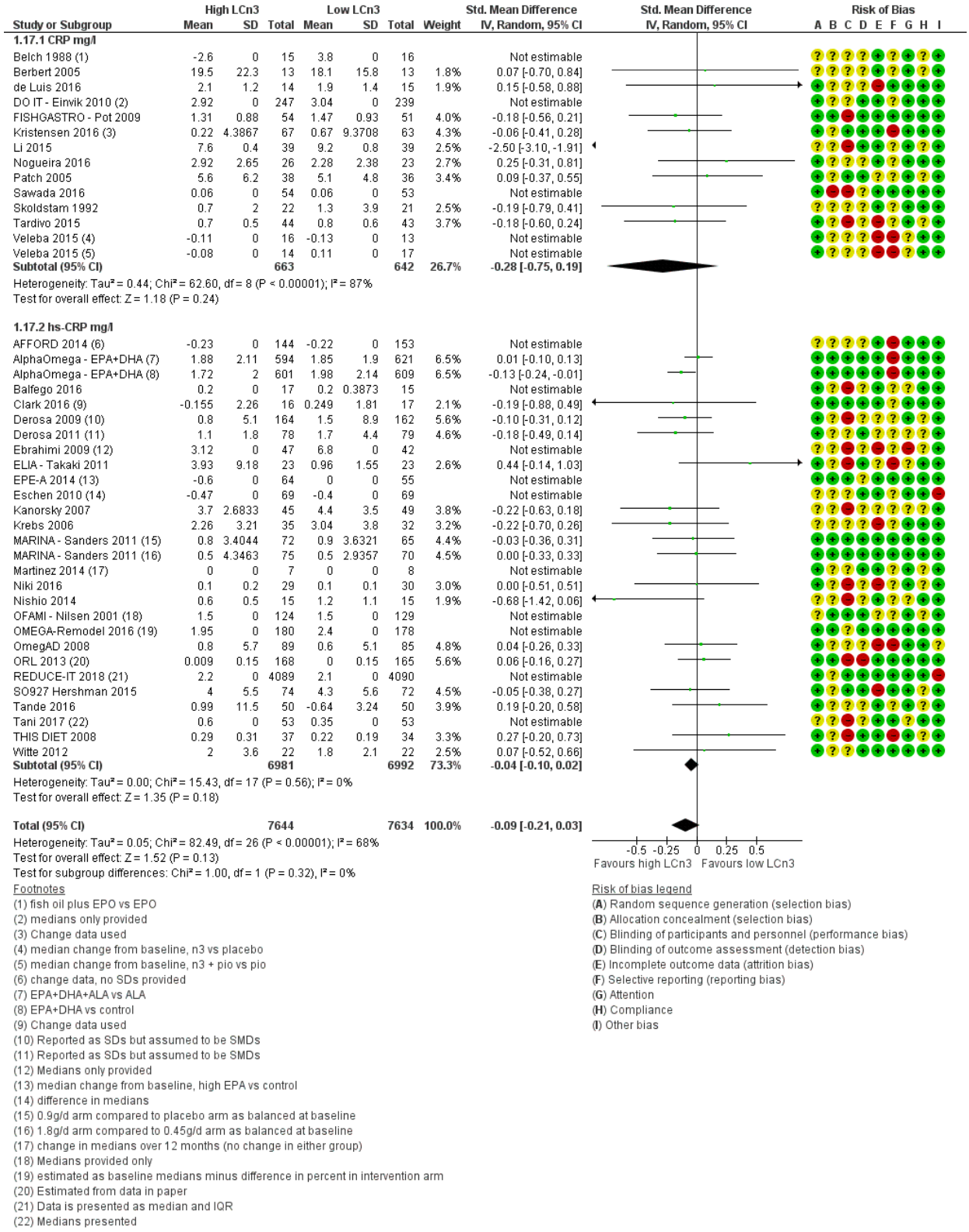

Figure 4. Forest plot of meta-analysis on effects of LCn3 on CRP using SMD in random effects meta-analysis, subgrouping by reported CRP test.
LCn3: long-chain omega-3, CRP: C-reactive protein, SMD: standardized mean difference, SD: standard deviation, EPA: Eicosapentaenoic acid, DHA: docosahexaenoic acid, ALA: alpha-linolenic acid, EPO: evening primrose oil

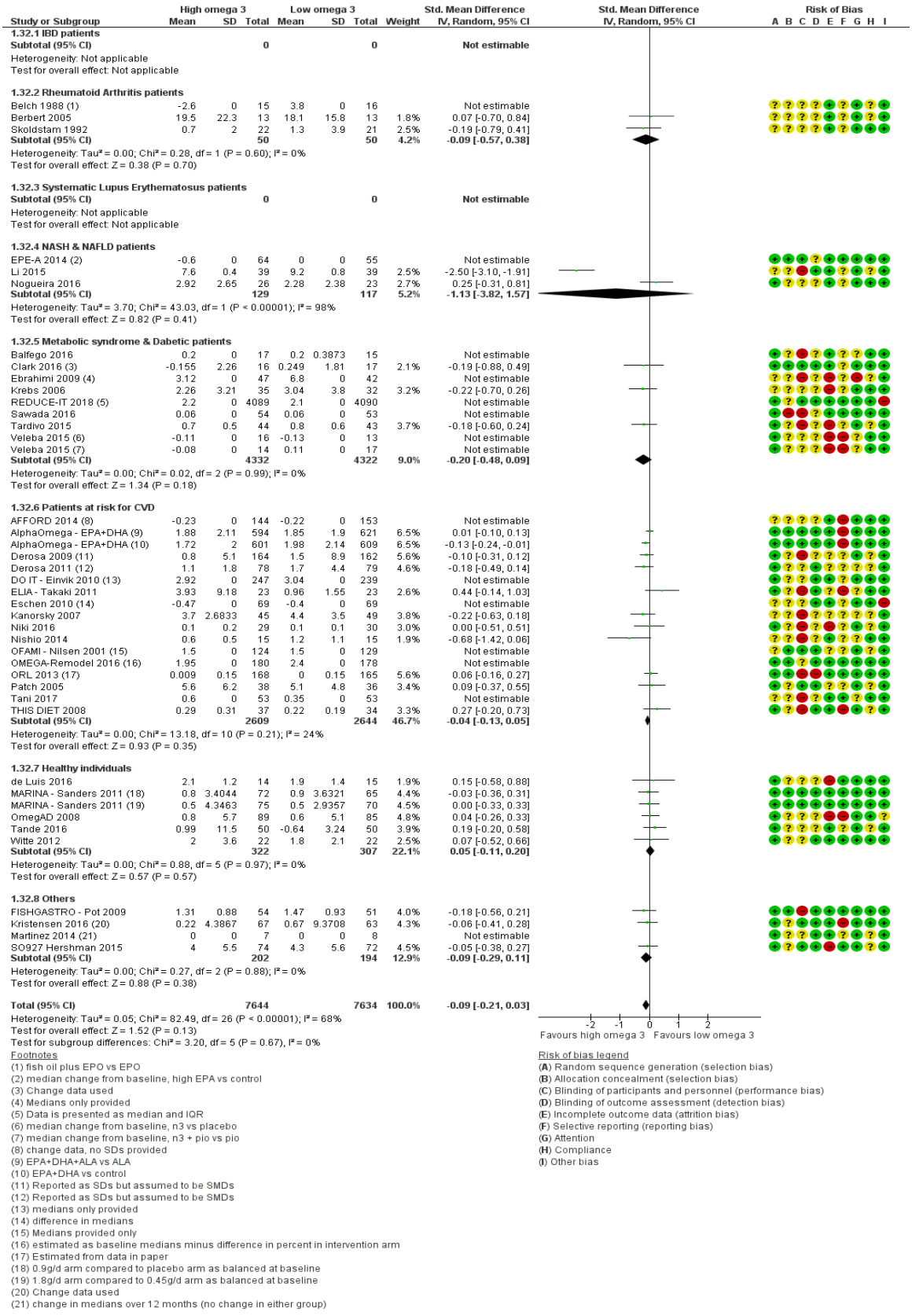

Figure 5. Forest plot of meta-analysis on effects of LCn3 on CRP using SMD in random effects meta-analysis, subgrouping by baseline health status of participants.
LCn3: long-chain omega-3, CRP: C-reactive protein, SMD: standardized mean difference, SD: standard deviation, NASH: non-alcoholic steatohepatitis, NAFLD: non-alcoholic fatty

liver disease, CVD: cardiovascular disease, EPA: eicosapentaenoic acid, DHA: docosahexaenoic acid, ALA: alpha-linolenic acid, EPO: evening primrose oil.

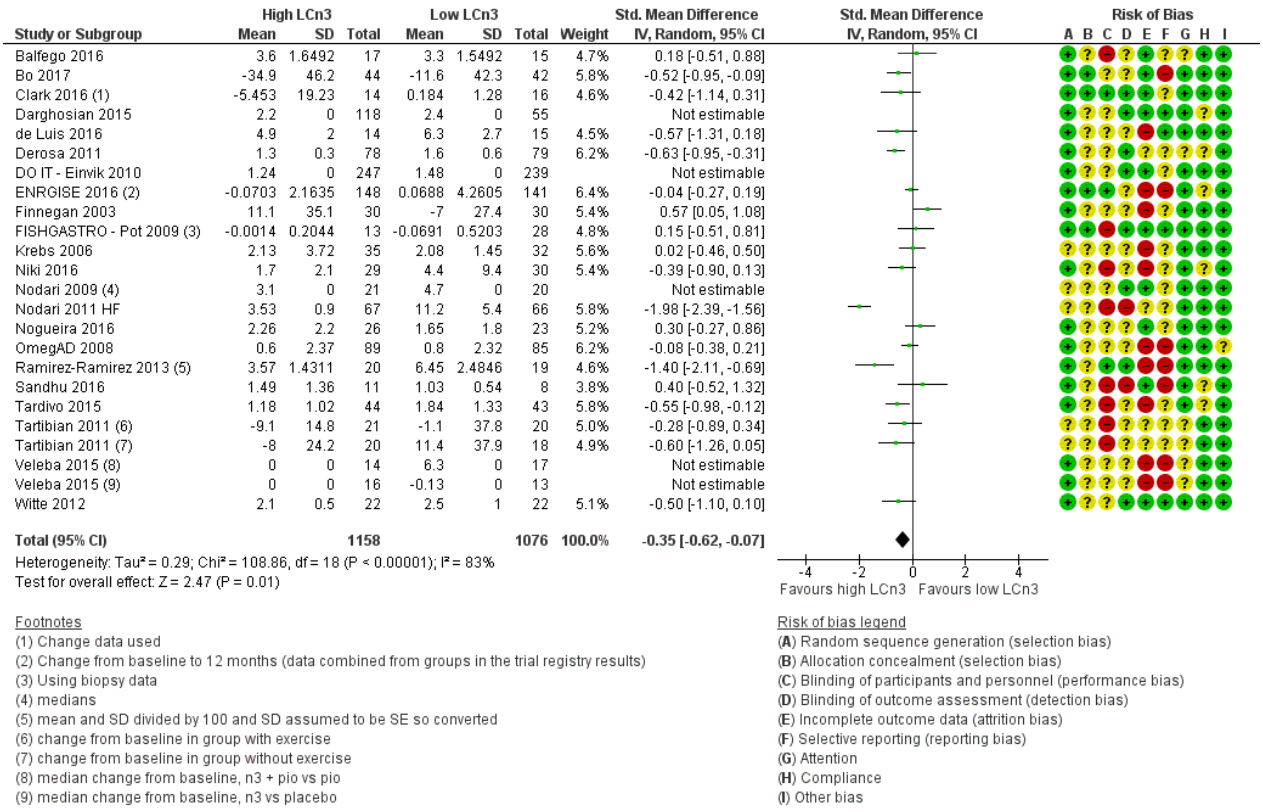

Figure 6. Forest plot of meta-analysis on effects of LCn3 on IL-6 using SMD in random effects meta-analysis.
LCn3: long-chain omega-3, IL-6: interleukin 6, SMD: standardized mean difference, SD: standard deviation, SE: standard error

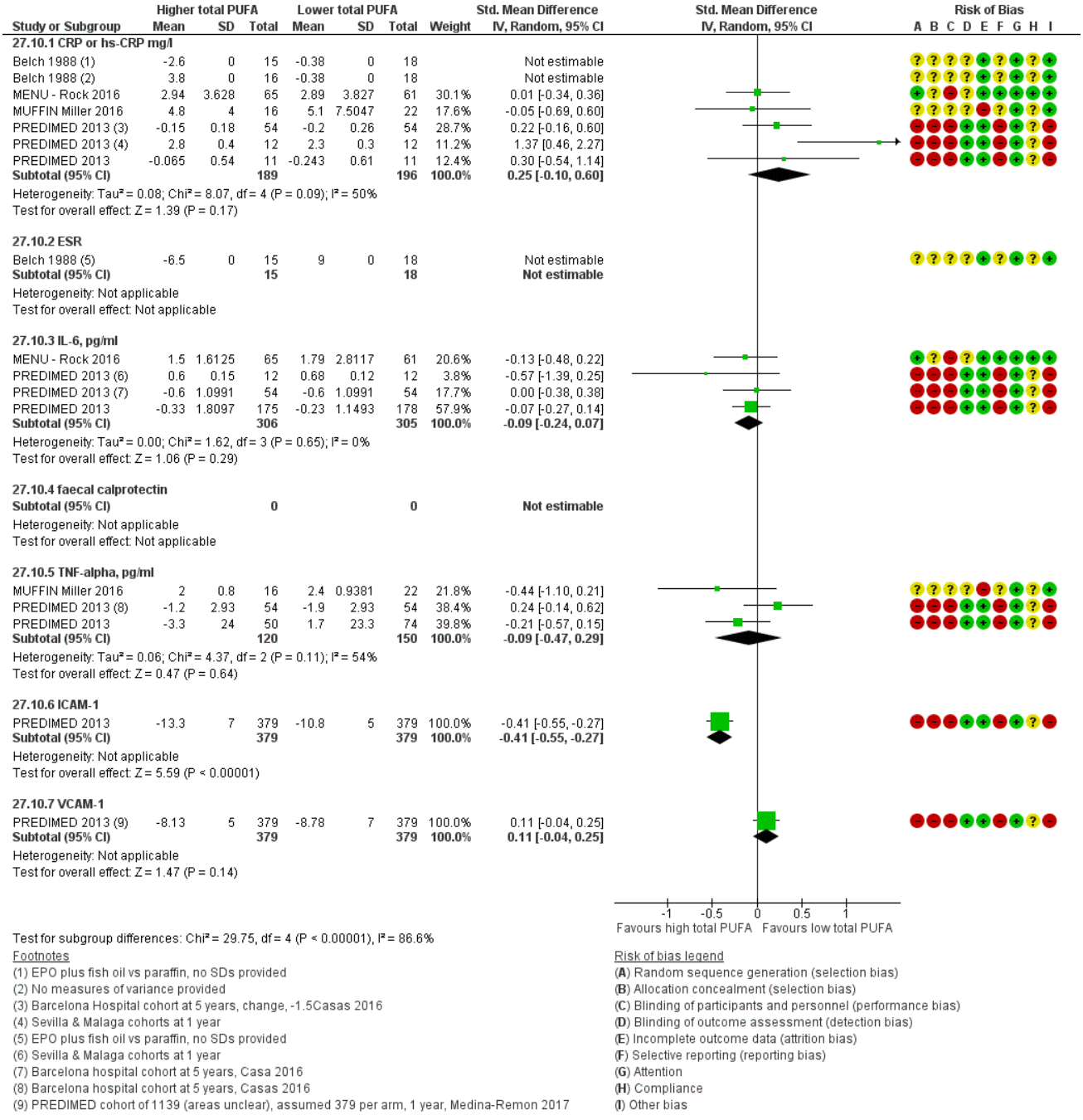

Figure 7. Forest plot of meta-analysis on effects of total PUFA on inflammatory markers using SMD in random effects meta-analysis.

PUFA: polyunsaturated fatty acids, CRP: C-reactive protein, ESR: erythrocyte sedimentation rate, TNF-alpha: tumor necrosis factor alpha, ICAM-1: intercellular adhesion molecule 1, VCAM-1: vascular cell adhesion molecule 1, IL-6: interleukin 6, SMD: standardized mean difference, SD: standard deviation, EPO: evening primrose oil.