

Independent Study Title	Body Fat Mass Reduction from Supplementation with Marine omega-3 and L-Carnitine Versus Marine Omega-3 Alone in Subject with Fat Mass Above Normal Level
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ABSTRACT

Study on the effect of marine omega-3 comparing to omega-3 with L-carnitine was conducted in two similar groups of border line healthy to overfat or obese volunteer. Subjects were monitored at four weeks interval until the eighth week. Measurement parameters were the body composition, body weight and body fat percentage. These parameters were measured at the beginning of the study and at each monitoring interval, 4th week and 8th week. Study result showed no statistical significant weight reduction and body fat reduction between the two groups. Objectivity measurement of body fat, and weight in human could be hindered by environmental factors such as daily diet and short-term behavioral change. There was no serious side effect reported, except the commonly known adverse reactions such as nausea and fishy smell. Subject's self-assessment demonstrated satisfaction and positive attitude towards the treatment, with several effects such as body firmness, waste reduction and energizing effect felt within the first four weeks interval. Further human study in this area should be conducted in the rigidly control environment with control on diet and behavior.

Keywords: Omega-3 fish oil/L-carnitine/Fat burn/Body composition