

Table 1 Mean bodily characteristics of patients participating in the study

Variable	Mean	SD
<i>Age (years)</i>		
Group A	20.8	1.6
Group B	20.8	1.4
<i>Age at first menstruation (years)</i>		
Group A	16.0	0.6
Group B	15.6	0.6
<i>BMI (kg/m²)</i>		
Group A	22.4	2.7
Group B	21.7	1.9

Study group A (n = 18): fish oil consumed during first 3 months followed by 3 months placebo. Study group B (n = 18): placebo consumed during first 3 months followed by 3 months fish oil.

SD = standard deviation; BMI = body mass index.