



Figure 1 Mean visual analogue scale (VAS) scores for symptoms of dysmenorrhoea at baseline and at the end of the treatment period with fish oil or placebo. These data are shown for each arm of study in a cross-over design; ($n = 18$ in each group). Comparison of mean VAS scores for fish oil and placebo groups at 3 and 6 months showed significant difference ($P < 0.0001$).