**Abstract.** Long-term prospective cohort studies showed the association between high fish and omega-3 polyunsaturated

fatty acids intake and lower risk of cardiovascular disease (CVD), especially coronary heart disease and

myocardial infarction, as well as cardiovascular mortality in the general population. This review article analyses

some of the key studies that have investigated the use of eicosapentaenoic and docosahexaenoic acids for primary

and secondary prevention of CVD, discuss the mechanisms of its potential cardioprotective effects, and evaluates

recently published randomized clinical trials in the context of existing scientific literature data.