

The present application relates to invention a solid composition comprising omega-3 polyunsaturated fatty acids (n-3 PUFA), or their alkyl esters, and resveratrol, adsorbed on an inert substrate and wherein the recovery of omega-3 is at least 96 % after 6 months at 25 °C. The composition according to the present invention can be formulated as food supplement or medicament for preventing or treating cardiovascular diseases due to lipid metabolism disorders and increased platelets aggregation; damages due to free radicals selected from the group consisting of atherosclerosis, cancer, inflammatory joint disease, asthma, diabetes, senile dementia and degenerative eye disease; and/or viral diseases.