The present invention relates to, inter alia, pharmaceutical composition comprising a polyunsaturated fatty acid such as ethyl eicosapentaenoic acid (EPA), encapsulated in a capsule formed from a film-former such as gelatin, a hygroscopic plasticizer such as glycerin and sorbitol, and a non-hygroscopic plasticizer such as maltitol and xylitol. The invention also relates to methods of using the same to treat or prevent cardiovascular-related diseases.