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Dietary Supplementation with Omega-3 Fatty Acids in Health and Disease

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Message from the Guest Editor

Dear Colleagues,

Dietary supplementation with omega-3 fatty acids has long been known to modify inflammatory processes and may be used to maintain health or improve the prognosis in a variety of pathologies, the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) found in it competing with the same enzymatic pathway as arachidonic acid (a main omega-6 fatty acid) to aid in the modification of the prostaglandins and leukotrienes produced through this pathway, this modification resulting in a less inflammatory environment if omega-3 fatty acids are metabolized. Recent work from the scientific community has identified a role for omega-3 fatty acid supplementation in ameliorating or treating a variety of health conditions/diseases, acting as a preventative agent, the goal of this Special Issue being to provide the most up-to-date scientific evidence on the potential therapeutic and preventative nature of omega-3 supplementation.

Dr. Stephen Cornish
Guest Editor



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Special Issue



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