

# **OMEGA-3 FATTY ACIDS AND THE DHA PRINCIPLE**

**Kathrine Pinsker**

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## Why Omega-3 Oils Help at the Cellular Level

Chapter 2 - Molecular Gerontology: Principles and Perspectives for Interventions . Essential omega-3 fatty acids, particularly docosahexaenoic acid (DHA,

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EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the two principal omega-3 fatty acids. The body has a limited ability to manufacture EPA and.

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Higher levels of individual and combined total omega-3 PUFA in plasma phospholipids were associated with lower total mortality HR for total omega 0. The parent fatty acid of the omega-6 series is linoleic acid LA; n-6 and the parent fatty acid of the omega-3 series is ALA Table 1 and Figure 2. Blanchet, M. The third, ALA, is found in vegetable oils, flaxseeds and flaxseed oil, walnuts, leafy vegetables brussels sprouts, kale, spinach and salad greens and some animal fat from grass-fed animals. After the suggestion years ago of Expert Committees to include omega-3 long-chain polyunsaturated fatty acids from marine origin in infant formulas, efforts were made to identify suitable sources for these fatty acids, mainly DHA. Built by scientists, for scientists. Sarma, M. Reflecting the increased public interest that has emerged over the years, this volume uses an integrative approach to explain the complex roles of omega-3s in the membrane.