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The Role of Omega-3 Fatty Acid in Determining Nutritional Needs and Chronic Disease Risk

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Message from the Guest Editor

Observational studies have suggested that marine omega-3 fatty acids (including eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA) and docosahexaenoic acid (DHA)) and, to a lesser extent, plant-based omega-3 (i.e., alpha-linolenic acid, ALA) may have cardiometabolic benefits. It is important to underscore that so far, the health benefits of omega-3 fatty acids (especially EPA and DHA) have been examined mostly for patients with cardiovascular diseases, diabetes, obesity, and metabolic diseases. Emerging data have focused on the role of EPA and DHA in inflammatory cytokines, immunomodulation, and brain health.

In this Special Issue of *Nutrients*, we would like to highlight research that investigates various mechanisms by which omega-3 polyunsaturated fatty acids influence human health across the lifespan of humans. We welcome various types of manuscript submissions, including original research articles, meta-analysis, and review articles.



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Special Issue



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