

Session summary
Dr Lee Hamilton
Omega 3 Fatty Acids

It is clear from the literature that omega3 fatty acids are essential to human health. The omega3's of marine source are the only omega3's capable of increasing the levels of EPA and DHA when supplemented to humans and it is EPA and DHA that are required to form the anti-inflammatory prostaglandins, leukotrienes and resolvins. Therefore, we would recommend consuming marine derived organisms (or oil extracted from these organisms) that are rich in EPA and DHA.