



Fish oil

By Lydia D. Thomson-Smith

Fastbook Publishing Jun 2012, 2012. Taschenbuch. Condition: Neu. Neuware - Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Fish oil is oil derived from the tissues of oily fish such as tuna, sardines, cod and salmons. Fish oils contain the omega-3 fatty acids eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), precursors of certain eicosanoids that are known to reduce inflammation throughout the body, and are thought to have many health benefits. Fish do not actually produce omega-3 fatty acid. Instead, they accumulate the omega-3 and antioxidants such as iodide and selenium by consuming either microalgae or prey fish that have accumulated omega-3 fatty acids. You can acquire more knowledge about fish oil, omega-3 fatty acids and the other components of fish oil with the help of this book. 92 pp. Englisch.



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