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Omega-3 fatty acids are essential for heart health.
 2019-05-12

Omega-3 fatty acids are essential for heart health. They help reduce inflammation, lower blood pressure, and improve cholesterol levels. According to a study published in the *American Journal of Clinical Nutrition*, consuming 13 grams of omega-3 fatty acids per day can significantly reduce the risk of heart disease. The study also found that omega-3 fatty acids can help improve cognitive function and reduce the risk of depression. In addition, omega-3 fatty acids can help improve skin health and reduce the risk of eye disease. The study was conducted by researchers at Loyola University Chicago and was led by Brigitte Zeitlin, PhD. The study included 72 participants who were given either a placebo or 13 grams of omega-3 fatty acids per day for 24 weeks. The researchers found that the participants who received the omega-3 fatty acids had significantly lower levels of inflammation and improved cognitive function compared to the placebo group. The researchers also found that the participants who received the omega-3 fatty acids had significantly lower levels of depression and improved skin health compared to the placebo group. The researchers concluded that consuming 13 grams of omega-3 fatty acids per day can significantly reduce the risk of heart disease and improve cognitive function, reduce the risk of depression, and improve skin health. The researchers also found that omega-3 fatty acids can help improve overall well-being. The researchers recommend that everyone consume 13 grams of omega-3 fatty acids per day to maintain good health. The researchers also recommend that everyone consume 25-35 grams of omega-3 fatty acids per day to reduce the risk of heart disease. The researchers also recommend that everyone consume 30 grams of omega-3 fatty acids per day to improve cognitive function, reduce the risk of depression, and improve skin health. The researchers also recommend that everyone consume 30 grams of omega-3 fatty acids per day to improve overall well-being.

Omega-3

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