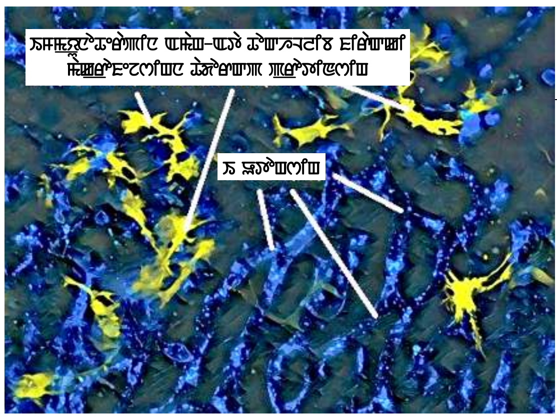
[illegible]

[illegible]

[illegible]

Together we can make a world where cancer no longer means living with fear, without hope, or worse. - Patrick Swayze

[illegible]

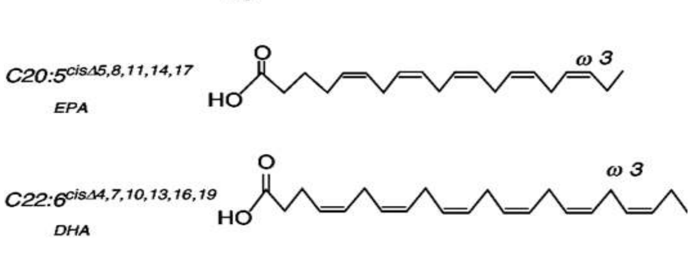


[illegible]

[illegible]

[illegible]

[illegible] alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) [illegible] docosahexaenoic acid (DHA) [illegible] ALA [illegible] EPA [illegible] DHA [illegible]


C18:3cisΔ9,12,15
ALA
C20:5cisΔ5,8,11,14,17
EPA
C22:6cisΔ4,7,10,13,16,19
DHA
HO
O
ω 3

[illegible] EPA [illegible] DHA [illegible] ALA [illegible] n-3 LC-PUFA [illegible] n-3 LC PUFA [illegible] Singer P [illegible]

[illegible]	[illegible] ALA [illegible]
[illegible] 12	0.5g ([illegible] omega-2)*
[illegible] 1-3	0.7g
[illegible] 4-8	0.9g
[illegible] 9-13 [illegible]	1.2g
[illegible] 9-13 [illegible]	1.0g
[illegible] 14-18 [illegible]	1.6g
[illegible] 14-18 [illegible]	1.1g
[illegible]	1.6g
[illegible]	1.1g
[illegible]	1.4g
[illegible]	1.3g

(source: NIH- National Institutes of Health)

[illegible] Ulkenia sp., Schizochytrium sp. [illegible] DHA [illegible] DHA [illegible]

[illegible] VLDL [illegible] LDL [illegible] HDL [illegible] (size) [illegible] VLDL [illegible] TAG [illegible] DHA [illegible]

[illegible] ALA [illegible] Kaul N [illegible] ALA [illegible] ALA [illegible] ALA [illegible] EPA [illegible] ALA [illegible] DHA [illegible] ARA [illegible] (arachidonic acid) [illegible] DHA [illegible] ARA [illegible] Haffman [illegible] Lipids [illegible]

[illegible] EPA [illegible] DHA [illegible]

[illegible] hueiyenliteraryquiz@gmail.com [illegible]

[illegible]