

OMEGA-3 UN INGREDIENTE NATURALE ANCORA SOTTOVALUTATO

MASSIMO SPATTINI

Studio Medico Massimo Spattini | Italia

RIFERIMENTI BIBLIOGRAFICI

- (1) Akinkuolie AO, et al. Omega-3 polyunsaturated fatty acid and insulin sensitivity: a meta-analysis of randomized controlled trials. *Clin Nutr.* Dec;30(6):702-7
- (2) Egert S, et al. Dietary alpha-linolenic acid, EPA, and DHA have differential effects on LDL fatty acid composition but similar effects on serum lipid profiles in normolipidemic humans. *J Nutr.* 2009 May;139(5):861-8
- (3) James A Reiffel, Arline McDonald. Antiarrhythmic effects of omega-3 fatty acids. *Am J Cardiol.* 2006 Aug 21;98(4A):50i-60i
- (4) Narcis Tribulova, et al., Omega-3 Index and Anti-Arrhythmic Potential of Omega-3 PUFAs. *Nutrients.* 2017 Nov; 9(11): 1191.
- (5) Juliette Giacobbe, et al., The Anti-Inflammatory Role of Omega-3 Polyunsaturated Fatty Acids Metabolites in Pre-Clinical Models of Psychiatric, Neurodegenerative, and Neurological Disorders. *Front Psychiatry.* 2020; 11: 122
- (6) Robsahm TE & Tretli S. Breast cancer incidence in food- vs non-food-producing areas in Norway: possible beneficial effects of World War II. *BJC* volume 86, pages 362–366 (2002)
- (7) Haugaard SB, et al. Dietary intervention increases n-3 long-chain polyunsaturated fatty acids in skeletal muscle membrane phospholipids of obese subjects. Implications for insulin sensitivity. *Clin Endocrinol (Oxf).* 2006 Feb;64(2):169-78