



Marine Omega-3s and Human Health

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submissions:

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Message from the Guest Editor

In this Special Issue of *Nutrients*, we would like to bring together papers dealing with topics relating to marine omega-3s (EPA/DHA) on health conditions including but not limited to cardiovascular, metabolic, and mental health. We welcome all types of papers, ranging from review articles, meta-analyses, to original data articles pertaining to long-chain 'marine' omega-3s.

The beneficial effects of marine omega-3s have been a topic of hot debate for decades. Many clinicians and the general public are confused about whether these long-chain fatty acids provide any benefits. There is also confusion regarding what health conditions may be improved with omega-3 consumption, what dose of EPA/DHA is needed for improving health markers, and whether there is a difference between many common over the counter omega-3 supplements and prescription omega-3s. This issue will help to answer some of these questions and provide further evidence for additional research that may be needed in the marine omega-3 space.

Therefore, the journal aims to collect high-quality manuscripts that focus on marine omega-3s effects on health conditions.





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Message from the Editorial Board

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