

STRUCTURE & FUNCTION

What is an omega-3?

Professional

Champe PC & Harvey RA. Structure of fatty acids. In *Lippincott's Illustrate Reviews: Biochemistry* (2nd ed) 1994;172-173. Philadelphia, PA: J.B. Lippincott Company.

Groff JL & Gropper SS. Lipids. In *Advanced Nutrition & Metabolism* (3rd ed.) 2000;124-129. Stamford CT: Wadsworth.

Pepping J. Omega-3 essential fatty acids. *American Journal of Health System Pharmacy* 56(8):719-720,723-724.

Omega-3 fatty acids. [On-line].

Available: <http://ods.od.nih.gov/news/>

This is an abstract.

Professional/Consumer

DHA (Docosahexaenoic Acid). MotherNature.com Health Encyclopedia. [On-line].

Available: <http://www.mothenature.com/ency/Supp/DHA.asp>

“Curious about DHA (docosahexaenoic acid)? MotherNature's huge, doctor-authored Natural Health Library answers all your questions...Does it work? Is it safe? Which dose and product type is best?”

Why are omega-3s important?

Professional

Conner WE. Importance of n-3 fatty acids in health and disease. *The American Journal of Clinical Nutrition* 2000;71(1S):171S-175S. Available: www.ajcn.org

Drevon CA. Omega-3 fatty acids – nutritional aspects. *Canadian Journal of Cardiology* 1995;11(Suppl G):47G-54G.

O’Keefe JH & Harris WS. From inuit to implementation: Omega-3 fatty acids come of age. *Mayo Clinic Proceedings* 2000;75(6):607-614.

Severus WE et al. Omega-3 fatty acids – The missing link? *Archives of General Psychiatry* 1999;56(4):380-381.

Simpopoulos AP et al. Essentiality of and recommended dietary intakes for omega-6 and omega-3 fatty acids. *Annals of Nutrition and Metabolism* 1999;43(2):127-130.

How do they work?

Professional

“Essential fatty acids-different chain lengths and metabolism.” [Videocast]. [On-line].

Available: <http://videocast.nih.gov/ram/crri01c203202000.ram>

“This is a primer on the structure and nomenclature for fatty acids for the non-specialist. It describes the chemistry and metabolism of omega-6 and omega-3

essential fatty acids to help people understand their nature in the context of more widely discussed saturated and unsaturated fats.”

“Eicosanoid formation, receptor functions, and clinical relevance.” [Videocast]. [Online]. Available: <http://videocast.nih.gov/ram/crri01c303202000.ram>

“The talk describes the diversity of different eicosanoids that the body forms from the 20-carbon omeg-6 and omega-3 essential fatty acids. This diverse set of hormone-like agents acts through different receptors on tissues to regulate many different body responses in health and disease.”

Groff JL & Gropper SS. Lipids. In *Advanced Nutrition & Metabolism* (3rd ed.) 2000;124-129,145-146. Stamford CT: Wadsworth.

Lands WEM. Dose-response relationships for T 3/T 6 effects. *World Review of Nutrition and Dietetics* 1991;66:177-194.

McCarthy D & Van Elswyck M. Applications of emerging science on omega-3 and omega-6 fatty acids. *Nutrition in Complementary Care* 1999;1(4):10-11.

Sprecher H. Enzyme activities affecting tissue lipid fatty acid composition. *World Review of Nutrition and Dietetics* 1991;66:166-176.