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	Nota di contenuto	About the Special Issue Editor Preface to "DHA for Optimal Health" Samaneh Ghasemifard, Andrew J. Sinclair, Gunveen Kaur, Paul Lewandowski and Giovanni M. Turchin / What Is the Most Effective Way of Increasing the Bioavailability of Dietary Long Chain Omega-3 Fatty Acids-Daily vs. Weekly Administration of Fish Oil?, doi: 10.3390 /nu7075241 Celia G. Walker, Annette L. West, Lucy M. Browning, Jackie Madden, Joanna M. Gambell, Susan A. Jebb and Philip C. Calder / The Pattern of Fatty Acids Displaced by EPA and DHA Following 12 Months Supplementation Varies between Blood Cell and Plasma Fractions, doi: 10.3390/nu7085285 Rodrigo Valenzuela, Karla A. Bascu ~n ´an, Rodrigo Chamorro, Cynthia Barrera, Jorge Sandoval, Claudia Puigrredon, Gloria Parraguez, Paula Orellana, Valeria Gonzalez and Alfonso Valenzuela / Modification of Docosahexaenoic Acid Composition of Milk from Nursing Women Who Received Alpha Linolenic Acid from Chia Oil during Gestation and Nursing, doi: 10.3390/nu7085289 Kohji Nagayama, Katsutaro Morino, Osamu Sekine, Fumiyuki Nakagawa, Atsushi Ishikado, Hirotaka Iwasaki, Takashi Okada, Masashi Tawa, Daisuke Sato, Takeshi Imamura, Yoshihiko Nishio, Satoshi Ugi, Atsunori Kashiwagi, Tomio Okamura and Hiroshi Maegawa / Duality of n-3 Polyunsaturated Fatty Acids on Mcp- 1 Expression in Vascular Smooth Muscle: A Potential Role of 4-Hydroxy Hexenal, doi: 10.3390/nu7095381 Flavia Fayet-Moore, Katrine Baghurst and Barbara J. Meyer / Four Models Including Fish, Seafood,

	Red Meat and Enriched Foods to Achieve Australian Dietary Recommendations for n-3 LCPUFA for All Life-Stages, doi: 10.3390 /nu7105413 You Li, Hong-tian Li, Leonardo Trasande, Hua Ge, Li- xia Yu, Gao-sheng Xu, Man-xi Bai and Jian-meng Liu / DHA in Pregnant and Lactating Women from Coastland, Lakeland, and Inland Areas of China: Results of a DHA Evaluation in Women (DEW) Study, doi: 10.3390 /nu7105428 Marwa E. Elsherbiny, Susan Goruk, Elizabeth A. Monckton, Caroline Richard, Miranda Brun, Marwan Emara, Catherine J. Field and Roseline Godbout / Long-Term Effect of Docosahexaenoic Acid Feeding on Lipid Composition and Brain Fatty Acid-Binding Protein Expression in Rats, doi: 10.3390/nu7105433 Inge S. M. van der Wurff, Clemens von Schacky, Kjetil Berge, Maurice P. Zeegers, Paul A. Kirschner and Renate H. M. de Groot / Association between Blood Omega-3 Index and Cognition in Typically Developing Dutch Adolescents, doi: 10.3390/nu8010013 Lotte Lauritzen, Paolo Brambilla, Alessandra Mazzocchi, Laurine B. S. Harsløf, Valentina Ciappolino and Carlo Agostoni / DHA Effects in Brain Development and Function, doi: 10.3390/nu8010006 Mahinda Y. Abeywardena, Michael Adams, Julie Dallimore and Soressa M. Kitessa / Rise in DPA Following SDA-Rich Dietary Echium Oil Less Effective in Affording Anti- Arrhythmic Actions Compared to High DHA Levels Achieved with Fish Oil in Sprague-Dawley Rats, doi: 10.3390/nu8010014 Zhe Shi, Di Wu, Jian-Ping Yao, Xiaoli Yao, Zhijian Huang, Peng Li, Jian-Bo Wan, Chengwei He and Huanxing Su / Protection against Oxygen-Glucose Deprivation/Reperfusion Injury in Cortical Neurons by Combining Omega-3 Polyunsaturated Acid with Lyciumbarbarum Polysaccharide, doi: 10.3390/nu8010041 Jinying Zheng, Chuan Peng, Yanbiao Ai, Heng Wang, Xiaoqiu Xiao and Jibin Li / Docosahexaenoic Acid Ameliorates Fructose-Induced Hepatic Steatosis Involving ER Stress Response in Primary Mouse Hepatocytes, doi: 10.3390/nu8010055 Bo Yang, Mei-Qi Shi, Zi-Hao Li, Jian-Jun Yang and Duo Li / Fish, Long- Chain n-3
Sommario/riassunto	This Special Issue of Nutrients, entitled "DHA for Optimal Health", consists of evidence-based original research or reviews of the scientific literature. Manuscripts focus on the evidence that underpins dietary requirements throughout the lifespan (from in-utero to the elderly) for optimal brain function and/or prevention (or treatment) of disease.