**STRUCTURE & FUNCTION**

**What is an omega-3?**

**Professional**


This is an abstract.

**Professional/Consumer**


“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**


**How do they work?**

**Professional**


“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.”


“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.”


