

## Special Issue

# Omega-3 PUFAs and Human Health

### Message from the Guest Editors

Omega-3 polyunsaturated fatty acids (PUFAs) play a crucial role in the human body, yet most omega-3 PUFAs must be obtained through the diet. Although the human body can convert alpha-linolenic acid (ALA) to eicosapentaenoic acid (EPA) and subsequently to docosahexaenoic acid (DHA), this process is highly inefficient. Unfortunately, the typical Western diet, influenced by modern agricultural and industrial practices, contains very limited amounts of omega-3 PUFAs. Concurrently, the prevalence of chronic diseases has dramatically increased over the past few decades.

In light of these issues, we are pleased to announce a Special Issue dedicated to research on omega-3 PUFAs and chronic diseases. We invite submissions that explore the relationship between omega-3 PUFAs and conditions such as obesity, diabetes, cardiovascular disease, cancer, nonalcoholic fatty liver disease, and brain diseases. Additionally, we welcome basic research on omega-3 PUFAs metabolism.

We encourage the submission of various types of research, including clinical trials, in vitro studies, and epidemiological studies. We are also interested in original research articles, reviews, and case studies.

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### Guest Editors

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### Deadline for manuscript submissions

closed (15 June 2025)



## Nutrients

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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