

Omega-3 fatty acids may play role in bipolar disorder

7 December 2015



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(HealthDay)—There may be a link between levels of omega-3 fatty acids and bipolar disorder, according to a small study published in the November issue of *Bipolar Disorders*.

Researchers compared 27 people with [bipolar disorder](#) and 31 people without the mental illness. The team determined plasma concentrations of five [polyunsaturated fatty acids](#) (PUFAs) (linoleic acid, arachidonic acid, alpha-linolenic acid [ALA], docosahexaenoic acid [DHA], and eicosapentaenoic acid [EPA]), two saturated fatty acids (palmitic acid and stearic acid) and two monounsaturated [fatty acids](#) (palmitoleic acid and oleic acid) in esterified (E) and unesterified (UE) forms.

In exploratory comparison, the researchers found lower UE:E EPA in the bipolar disorder group than the healthy controls group (P

"Altered n-3 PUFA ratios could indicate changes in PUFA metabolism concurrent with symptom improvement," the authors write. "Our findings are consistent with preclinical and postmortem data and suggest testing interventions that increase n-3 and decrease n-6 dietary PUFA intake."

More information: [Abstract](#)
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