

Bibliografía

- Calder, P. C. (2017). Omega-3 fatty acids and cardiovascular disease: Evidence explained and mechanisms explored. *Clinical Science*, 131(5), 463–477. <https://pubmed.ncbi.nlm.nih.gov/15132735/>
- Calder, P. C. (2020). Nutrition, immunity and COVID-19. *BMJ Nutrition, Prevention & Health*, 3(1), 74–92. <https://nutrition.bmj.com/content/3/1/74>
- Grosso, G., Galvano, F., Marventano, S., Malaguarnera, M., Bucolo, C., Drago, F., & Caraci, F. (2014). Role of omega-3 fatty acids in the treatment of depressive disorders: A comprehensive meta-analysis of randomized clinical trials. *PLOS ONE*, 9(5), e96905. <https://pubmed.ncbi.nlm.nih.gov/24805797/>
- Lands, W. E. (2012). Historical perspectives on the impact of n-3 and n-6 nutrients on health. *Progress in Lipid Research*, 52(1), 65–74. <https://pubmed.ncbi.nlm.nih.gov/24794260/>
- Bazinet, R. P., & Layé, S. (2014). Polyunsaturated fatty acids and their metabolites in brain function and disease. *Nature Reviews Neuroscience*, 15(12), 771–785. <https://pubmed.ncbi.nlm.nih.gov/25387473/>
- Meydani, S. N. (2001). Nutrition, immunity and aging: The role of zinc and omega-3 fatty acids. *Nutrition Reviews*, 59(12), 295–299. <https://doi.org/10.1111/j.1753-4887.2001.tb07021.x>
- Mozaffarian, D., & Wu, J. H. Y. (2011). Omega-3 fatty acids and cardiovascular disease: Effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://pubmed.ncbi.nlm.nih.gov/22051327/>
- Simopoulos, A. P. (2002). The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomedicine & Pharmacotherapy*, 56(8), 365–379. <https://www.sciencedirect.com/science/article/abs/pii/S0753332202002536?via%3Dihub>
- EFSA (European Food Safety Authority). (2010). Scientific opinion on the substantiation of health claims related to EPA and DHA and maintenance of normal blood triglyceride levels. <https://www.efsa.europa.eu/en/efsajournal/pub/1263>
- Möller's Official Website. (n.d.). About Möller's and Cod Liver Oil. <https://www.mollers.es/porque-mollers/>
- Fundación Española del Corazón. (n.d.). Ácidos grasos Omega-3 y salud cardiovascular. <https://fundaciondelcorazon.com/prensa>