

# Effect of DHA Supplementation on MMP-2 Levels Compared to Placebo

**7% Increase**  
in MMP-2 levels with DHA  
( $P < 0.05$ )

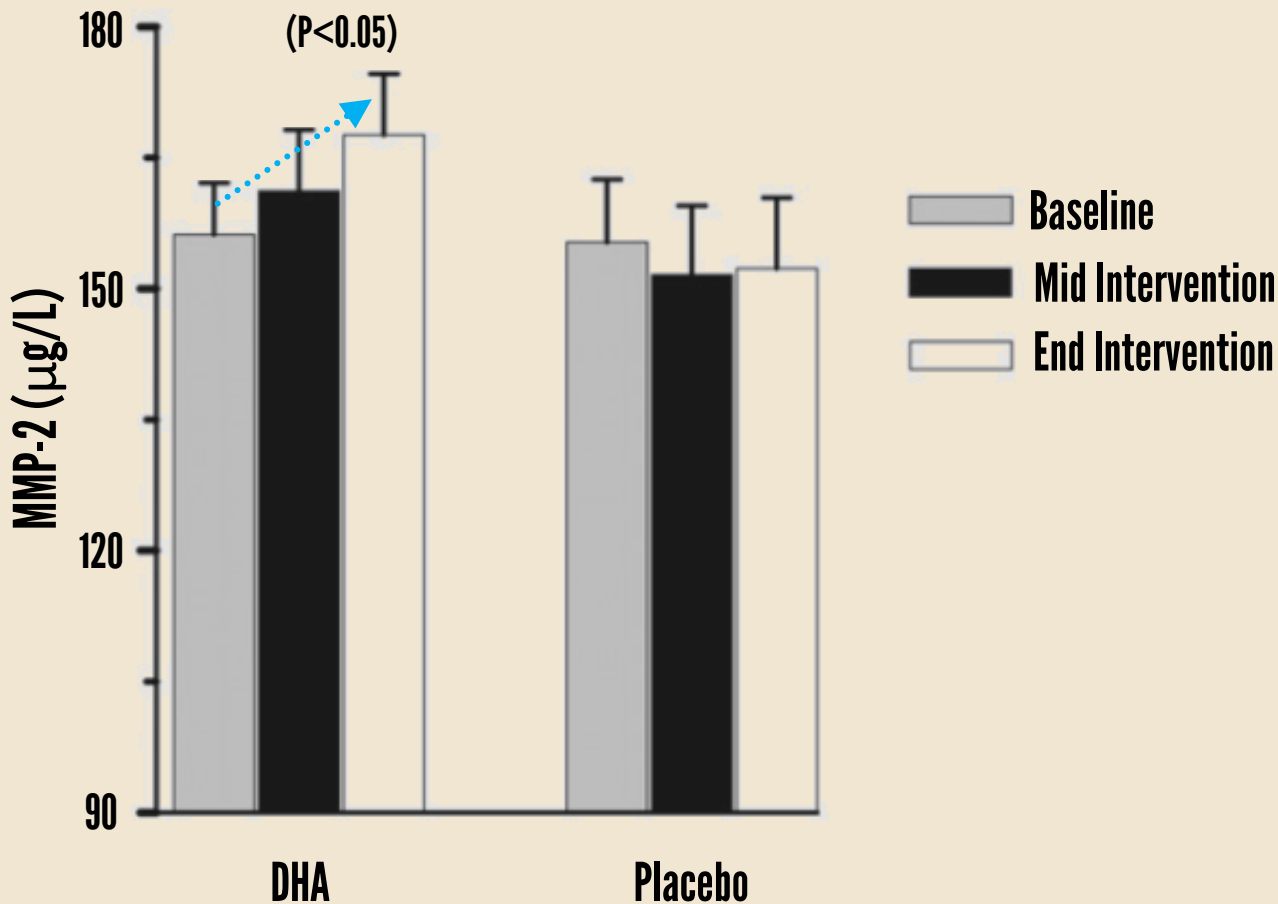


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Kelley et al., *Journal of Nutrition*, 2009.



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