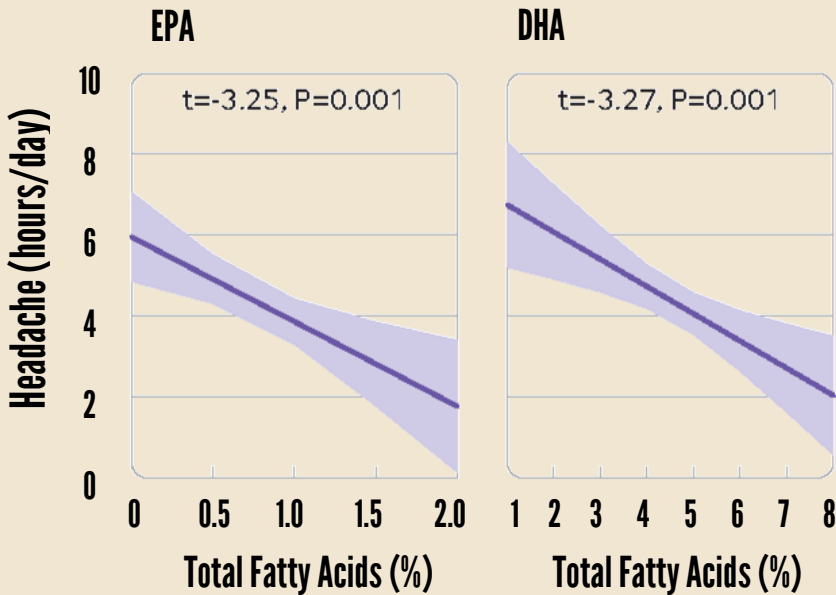


Headache Time Related to Omega-3 and Omega-6 Fatty Acid Blood Measurements (n=134)

Omega-3 Fatty Acids



Higher levels of omega-3s EPA and DHA were related to fewer headache hours

Higher levels of omega-6s LA and AA were related to increased headache hours

Higher AA:EPA Ratio was related to increased headache hours

Omega-6 Fatty Acids & AA:EPA Ratio

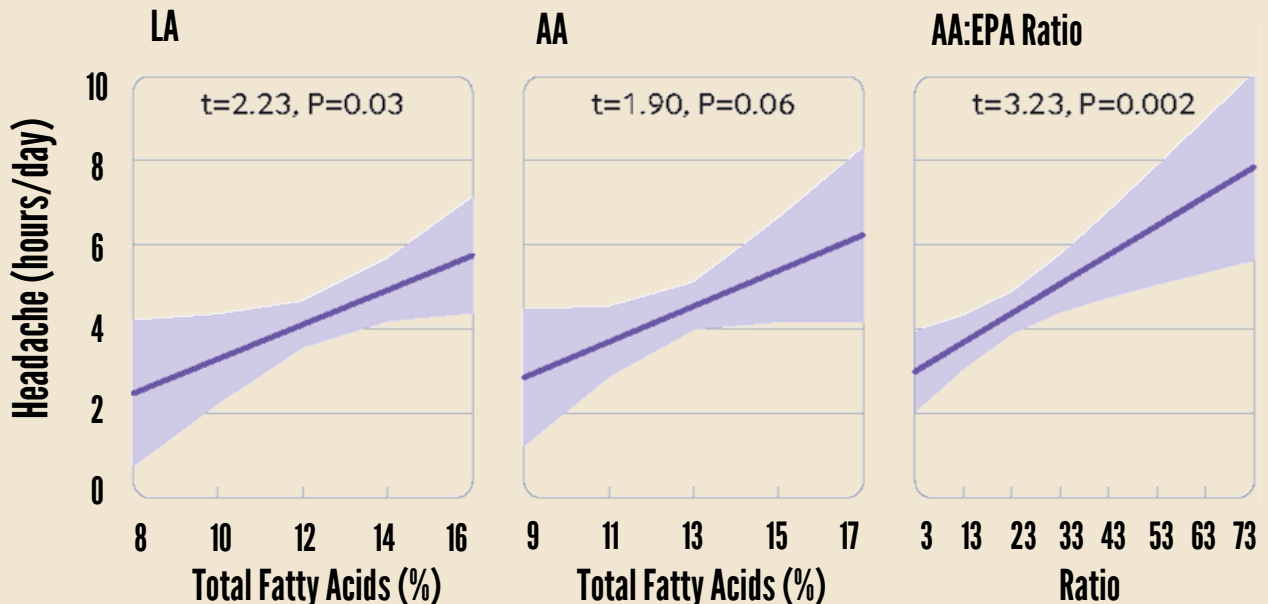


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Ramsden et al., *BMJ*, 2021.



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