Change in Strength and Power Among Athletes After 8 Weeks of Fish Oil Supplementation or Placebo

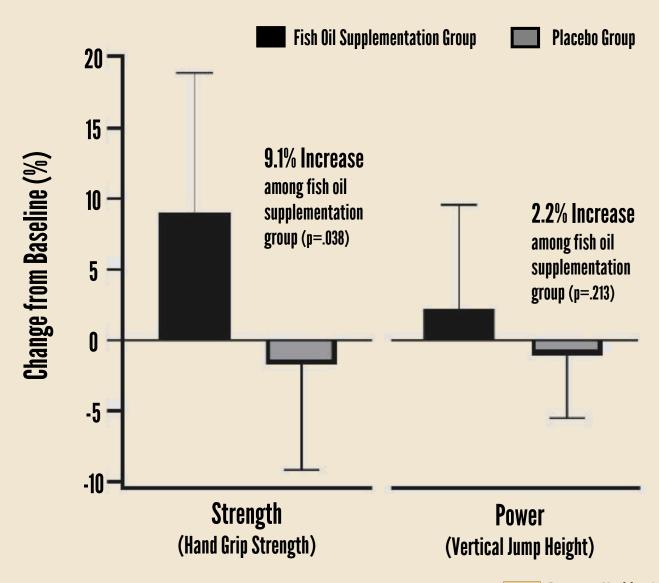


Chart Date 3/14/22 ©2022 GrassrootsHealth Heileson et al., Journal of Exercise and Nutrition, 2022. GrassrootsHealth Nutrient Research Institute

| Moving | Research | Into Practice