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Editorial

**EDITORIAL NOTE ON
BIOLOGICAL ACTIVITY,
FORMULATION AND STABILITY:
FATTY ACIDS FROM MARINE
LIPIDS**

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EDITORIAL

Cod-liver oil from Atlantic cod (*Gadus Morrhua* L.) and other fish oils are the primary wellspring of ω -3 polyunsaturated unsaturated fats (n-3 PUFAs, for example, EPA and DHA that are known to have various of medical advantages and, accordingly, fish oils are generally utilized as dietary enhancements. Free unsaturated fats (FAs) extricated from fish oils do likewise have wide assortment of natural impacts. Free FAs separated from cod-liver oil have been appeared to have antibacterial, antifungal and antiviral impact when figured as without water salves and to have purgative impact when given rectally in suppositories. The free FAs from cod-liver oil can likewise be utilized as empowering drug excipients that upgrade drug pervasion through skin and the oral mucosa. Albeit sometimes these common free FAs are less strong than numerous manufactured medications they are likewise less inclined to cause poisonous results and this takes into account organization of bigger portions. Regularly the strength of a given organically dynamic specialist isn't significant in essence yet rather the helpful file of the specialist, in other words the proportion of the portion that causes poisonous results and the portion creating the ideal remedial impact.

Like regular fish oil, it's high in omega-3 fatty acids, which are linked to many health benefits, including reduced inflammation and lower blood pressure. It also contains vitamins A and D, both of which provide many other health benefits. Here are 9 scientifically supported benefits of cod liver oil.

The omega-3 fatty acids found in fish oil play important roles in brain function and development. There are also claims that fish oil can improve brain function in people with memory problems, such

as those with Alzheimer's disease or other cognitive impairments.

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