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A comparative study on the effect of argan oil vs fish oil on risk factors for cardio-vascular disease in high-fat-fed rats

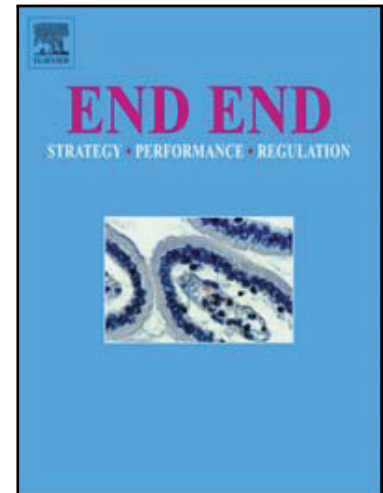
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Highlights

- Argan oil and fish oil are commonly used as food supplements.
- Their effects were tested on some risk factors for cardiovascular diseases in rats developing dietary induced dyslipidemia.
- Fish oil intake decreases plasma and liver lipid levels, and prevents adiposity development, and prothrombotic effects in rats.
- Argan oil supplementation does not affect adiposity or liver lipid levels but decreases plasma lipid levels and improves oxidative status, and platelet activity.
- Fish oil and, to a lower degree, argan oil thus represent promising nutritional tools in the prevention of cardiovascular diseases.

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