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Omega-3 polyunsaturated fatty acid levels and dysregulations in biological stress systems

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Highlights (3-5 bullet points, max. 85 characters including spaces)

- Inflammatory dysregulation was associated with lower n-3 PUFA plasma levels (77)
- HPA-axis dysregulation was associated with lower n-3 PUFA plasma levels (73)
- ANS dysregulation was less consistently associated with n-3 PUFA plasma levels (81)
- Accumulated biological stress was associated with lower n-3 PUFA plasma levels (81)

Short title: Fatty acids and biological stress

Abstract

Introduction: 1029 (max. 1000)

Discussion: 1770 (max. 2000)

Total word count: 5585 (max. *6000*)

Number of tables: 3 (max. 6 in total with figures)

Number of figures: 2 (max. 6 in total with tables)

Number of supplements: 6 (1 text and 5 tables)