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Acute fish oil supplementation modulates the inflammatory response after strenuous exercise in obese men: a cross-over study

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Highlights

- Acute fish oil supplementation (FOS) reduces DNA damage in lymphocytes of obese men.
- FOS prevents the decrease in CD8+ T cells frequency caused by strenuous exercise in obese
- FOS prevents the alterations in TNF- α and IL-8 production by stimulated mononuclear cells after exercise.

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