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Why Docosapentaenoic Acid Is Not Included in the Omega-3 Index

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Highlights

- The Omega-3 Index is defined as EPA and DHA, but not DPA, in erythrocytes.
- Whether DPA is a useful addition to the Omega-3 Index is reviewed and discussed.
- Current scientific evidence does not support including DPA into the Omega-3 Index.

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