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Association between the ratio of serum arachidonic acid to eicosapentaenoic acid and the presence of depressive symptoms in a general Japanese population: the Hisayama Study

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## Highlights

- The association between the serum AA/EPA ratio and depressive symptoms was examined.
- The association was significant, especially in subjects with systemic inflammation.
- Intake of EPA could be effective for reducing depression in the general population.

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