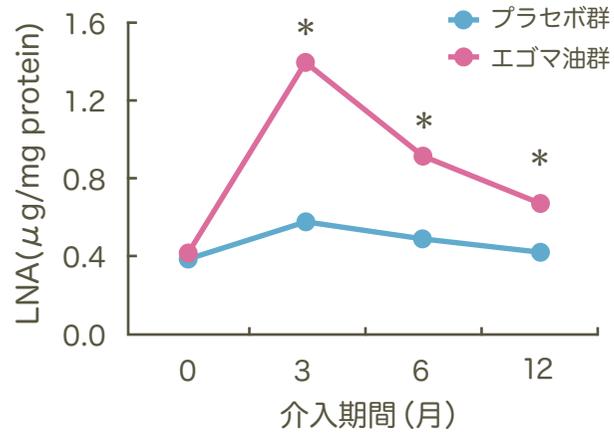
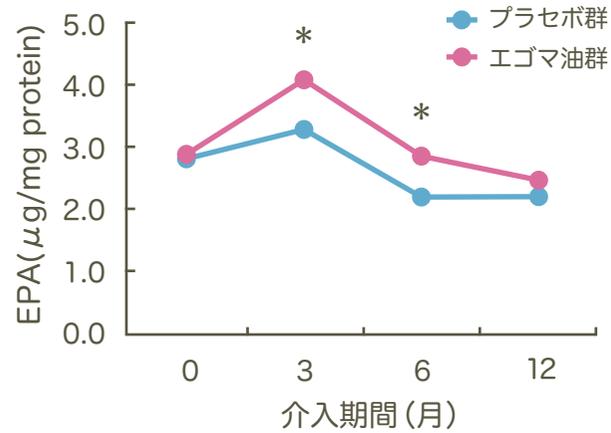


## 中年者への効果

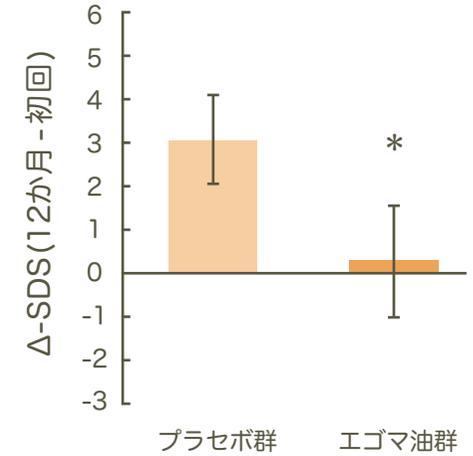
赤血球膜  $\alpha$ -リノレン酸



赤血球膜 EPA

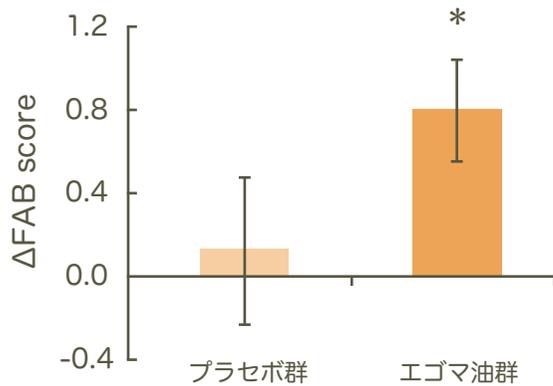


うつ指数(Δ-SDS)の変化量

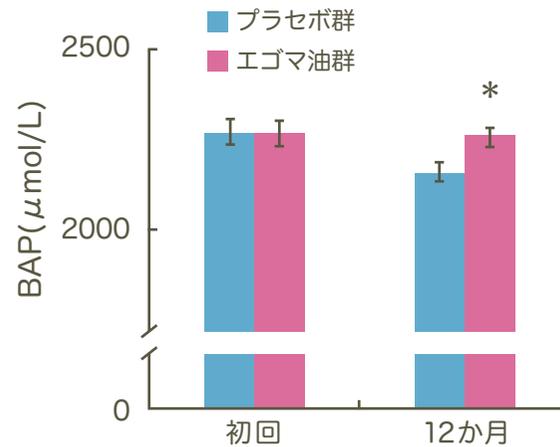


## 高齢者への効果

前頭葉機能試験(FAB)の変化量



抗酸化能(BAP)



\*p<0.05