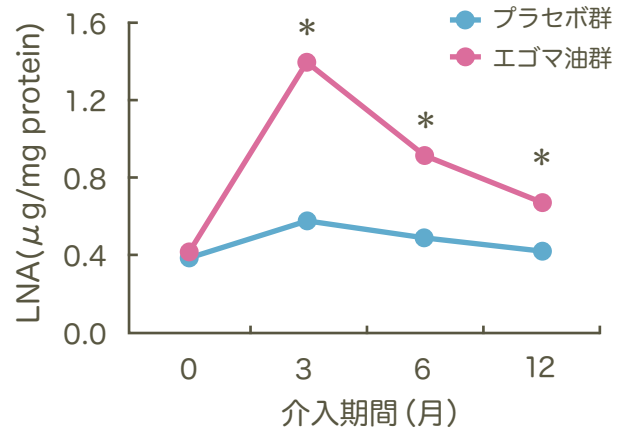
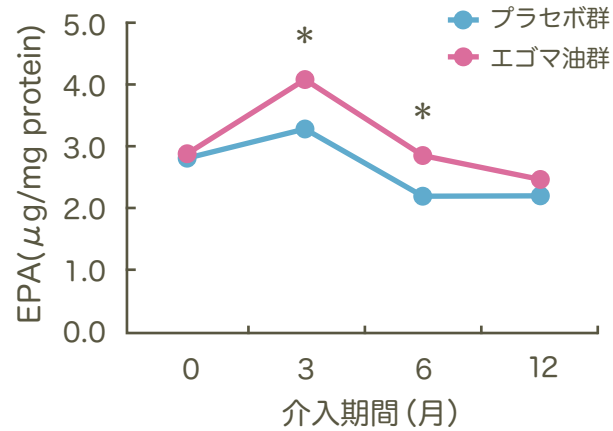


## 中年者への効果

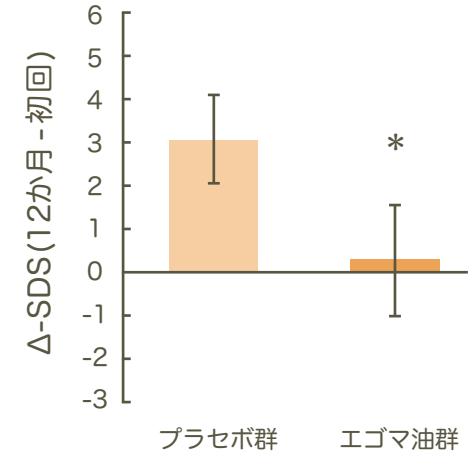
赤血球膜  $\alpha$ -リノレン酸



赤血球膜 EPA

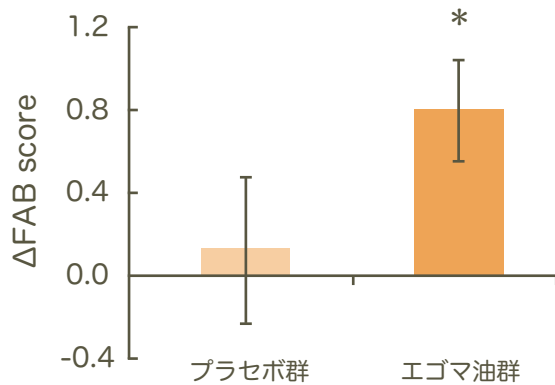


うつ指数( $\Delta$ -SDS)の変化量

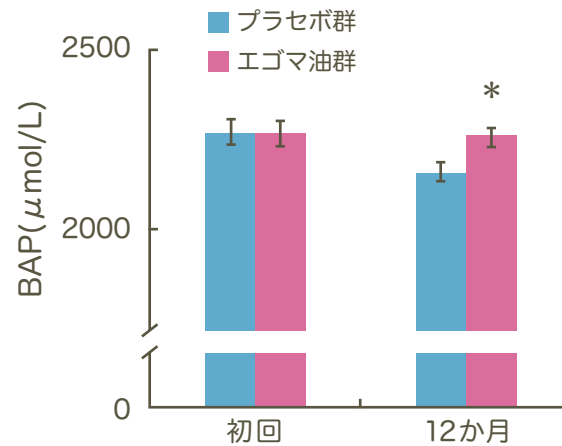


## 高齢者への効果

前頭葉機能試験 (FAB) の変化量



抗酸化能 (BAP)



\* $p < 0.05$