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Polyunsaturated Fatty Acid

National Cancer Institute

Source

National Cancer Institute. *Polyunsaturated Fatty Acid*. NCI Thesaurus. Code C67038.

A fatty acid containing more than one double bond (C=C). The essential fatty acids omega-3 and omega-6 are polyunsaturated fatty acids (PUFAs) that contain 2 or more cis double bonds. Dietary intake of some PUFAs may have beneficial effects on blood pressure, serum lipids, and inflammation. Some PUFAs, such as omega-3 PUFAs, may have antineoplastic or chemopreventive activities.