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Fish Oil

National Cancer Institute

Source

National Cancer Institute. *Fish Oil*. NCI Thesaurus. Code C497.

An oil derived from the tissues of oily fish. Fish oil is considered valuable due to its high content of omega-3 fatty acids eicosapentanoic acid and docosahexaenoic acid. Such fatty acids are not actually produced in fish, but are accumulated from phytoplankton which produce omega-3 fatty acids.