



הכי קרוב לאמא

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?????? 3, 6 ??????? ?????? ?????? LC-PUFA ????? DHA (?????? 3)

<https://www.materna.co.il/0-6-months/article/impact-of-Omega-3-intake-in...> [1]

\_ [2] \_ [3] \_ [4] \_ [5]



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- <sup>[6]</sup>
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?????? 3, 6 ?????????? ??????? ??????? LC-PUFA ?????? DHA (?????? 3) :

??????3 ?????????? 6 ?? ??? "????????" ?? ?????????? ??????  
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"????????" ??????? ??? ?????????? 3 ??? ?????????? ??????? ?????????????? ?????? ??????? ?????? ?????????? ???  
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????? ?????????? , ??????? ??????? ?????? DHA (????????????????????), ?????????? ?????? ?? ??? ?????? ???  
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long chain poly unsaturated fatty acid = LCPUFA

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????? ? -60% ?????? ?????????? ?????? ??? ?????? ?????????? ??????? ? LC-PUFA ?????? DHA . ???????  
?????? ??? ?????? ?? ?????? ??????? ?- 20% ?????? ?????????? ?????????? ?????? (????? ?????????  
?????????? ??? ???). ?????? ??????? DHA ?????????? ?????????????????? ?????????????? ?????????? ???????  
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????????? ?? LC-PUFA ?????? DHA ?????? ?????????????????? ???????, ?????????? ??????? ?????????? ?????????????  
????????? ??????????, ??????? ?????????? ?????????? ?????????? ?? ?- LC-PUFA.

????? ?????? ?????????? ?- 2014, ??? 19 ??????? ??????? ??????? 151,880 ?????? ?????????? ?????? ??????????

