

Dr Cameron Mitchell

Senior Research Fellow, Liggins Institute, University of Auckland.

What is the role of omega-6 fatty acids in post exercise inflammation and adaption?

Arachidonic acid is bioactive omega-6 fatty acid present a low levels in the diet. With in-kind support from international ingredients supplier DMS we investigated the effects of four weeks of arachidonic acid supplementation on the inflammatory and anabolic response to resistance exercise in trained men. Arachidonic acid supplementation increased inflammatory response to exercise and altered the late but not early adaptive response to resistance exercise. This study will be used as an example of the Liggins Institute Nutrition Group's capabilities to conduct clinical trials investigating the effect of nutritional products, which incorporate both functional and mechanistic outcome and are published in high impact journals.

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