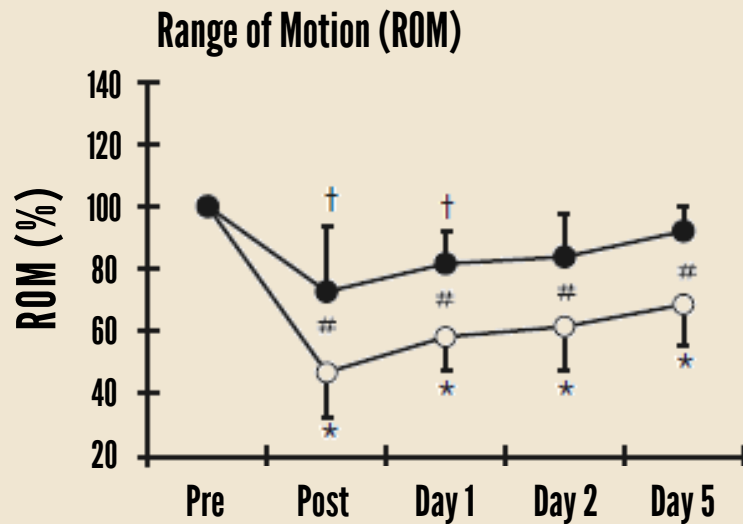


Effect of Omega-3s on Post-Exercise Muscle Recovery



○ Placebo } P < 0.05
● Fish Oil

p < 0.05 for the difference between groups
* p < 0.05 for the difference from the pre-exercise value in the placebo group
† p < 0.05 for the difference from the pre-exercise value in the fish oil group

