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- Hydration
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*Mnemonic forthcoming...*
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- H
- A
- V
- O
- C

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What is the pathologic result of increased O-6 FA intake, ie, what does it promote?

Inflammation

Why is O-6 FA pro-inflammatory?

It is a precursor of arachidonic acid.

What is the main source of O-6 FA in the American diet?

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