## Delayed Onset Muscle Soreness (DOMS) by Hours After Exercise by Omega-3 Index

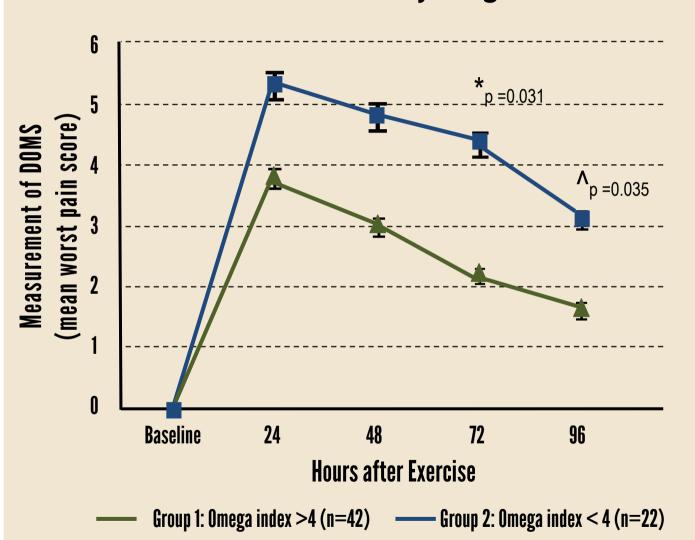


Chart Date 6/6/2018 ©2018 GrassrootsHealth Lembke et al., JSSM, 2014

