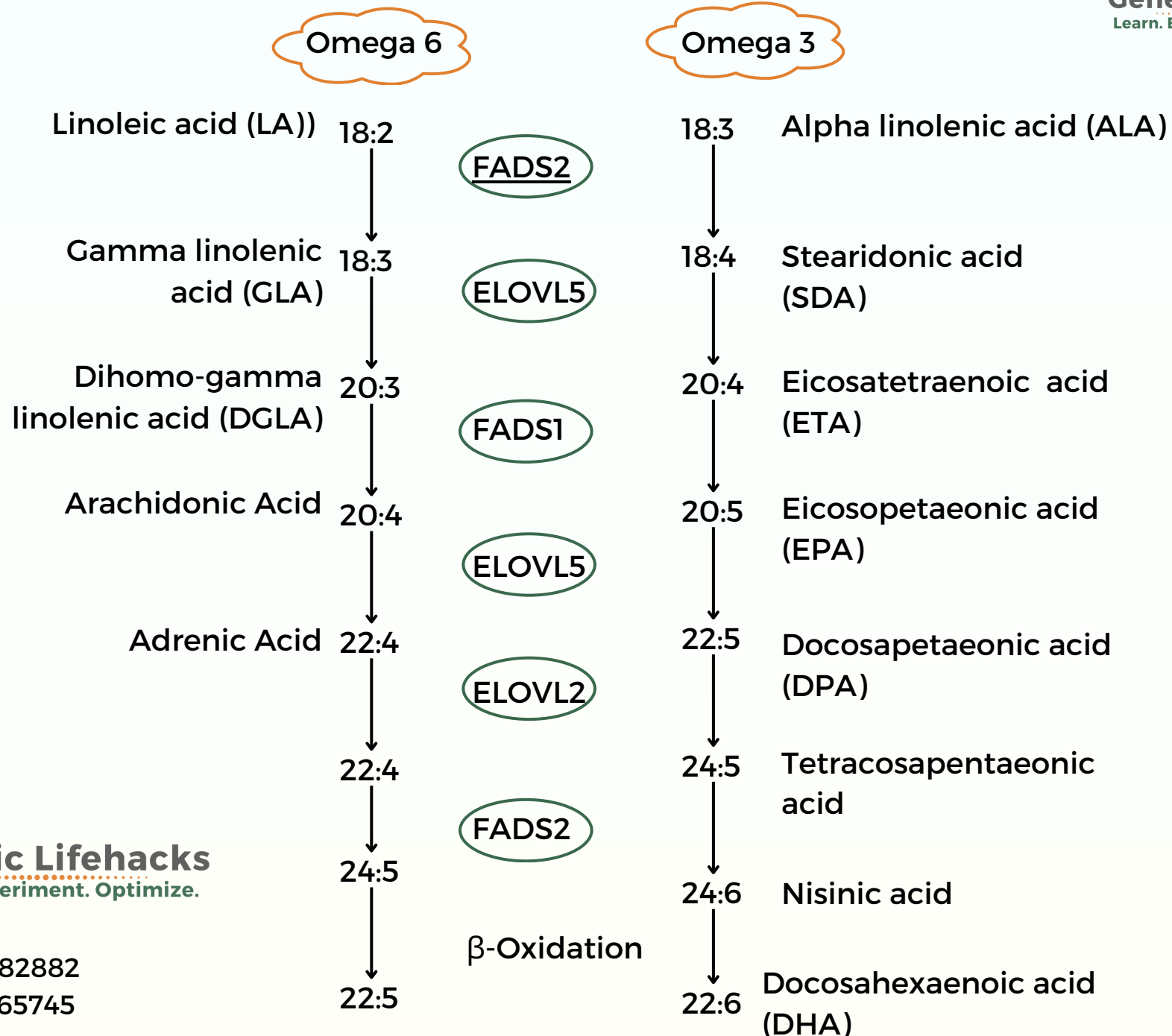


# Omega 6 & Omega 3 Fatty Acids

**Genetic Lifehacks**  
Learn. Experiment. Optimize.



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PMC5082882  
PMC6265745

# Omega 6 & Omega 3 Fatty Acid Genes

## FADS2

- Fatty acid desaturase 2, also known as delta 6 desaturase
- Enzyme involved in the synthesis of long-chain polyunsaturated fatty acids (LC-PUFAs)
- Widely expressed throughout the body

## FADS1

- Fatty acid desaturase 1, also known as delta 5 desaturase
- Enzyme involved in the synthesis of long-chain polyunsaturated fatty acids (LC-PUFAs)
- Widely expressed throughout the body

## ELOVL5

- ELOVL fatty acid elongase 5
- Enzyme involved in fatty acid elongation, polyunsaturated fatty acid and very long-chain fatty acid biosynthetic process
- Widely expressed throughout the body

## ELOVL2

- ELOVL fatty acid elongase 2
- Enzyme involved in fatty acid elongation, polyunsaturated fatty acid and very long-chain fatty acid biosynthetic process
- Widely expressed throughout the body