Nutrition and Immune and Inflammatory Systems

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Short answer questions

1. Reactive oxygen and nitrogen species such as superoxide, hydrogen peroxide, hydroxyl ion, and peroxynitrite lead to upregulation of which nuclear transcription factor?

2. Fish oil from oily, cold-water fish usually contains substantial amounts of which very long-chain fatty acids?

3. Putative mechanisms have been found whereby the very long-chain fatty acids of the omega 3 series from fish oil have a less inflammatory effect than those of the omega 6 series found prominently in vegetable oils. Provide at least three possible reasons as to why this is.