

In 2019, the NCAA no longer categorized omega-3 supplements as impermissible due to emerging research that supports significant levels of deficiency within college athletes, especially football players who have elevated risk of neurological and cardiovascular health conditions. This has increased interest in the nutrient, while creating a need for proper recommendations, nutrition interventions, and further research about the omega-3 status of college football players.

- **2 registered dietitians**
- **1 collegiate football coach**

