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7 Daily Vitamins & Supplements That Can Help Reduce Inflammation

By Carolyn Steber | May 17, 2019



"Fish oil works by inhibiting the production of something called 'arachidonic acid,' which gets converted into inflammatory signals that get sent throughout your body, causing pain," functional medicine practitioner **Elroy Vojdani MD, IFMCP**, tells Bustle. Adding omega-3 fatty acid supplements into your daily routine can help reduce inflammation, but you'll want to check with your doctor and ask about the proper dose.

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