Increase in % of total omega 3

**Linear regression**
- RBC $r^2 = .99$, slope = 1.17%/capsule
- WBC $r^2 = .77$, slope = 0.47%/capsule

**Non-linear regression**
- RBC
- WBC

**Number of n-3 capsules per day** vs. **Change in % of lipids**