



### Abstract

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Studies on Quality of Fatty Acids and Properties of Skin and Digestive Fat Content Oils from Some Iranian Fishes

Co-Author's: A. Aberoumand  
Corresponding Author: Ali Aberoumand

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### Abstract:

Fatty acids with several double bonds omega -3 and omega- 6 in fish oil decrease heart disease risk. In this research, Iodine, peroxide and acidic indexes of oils obtained from some fishes species of Persian Gulf of South Iran include: *Katus wonus pelamis*, *Cyprinodon Aphanius dispar*, *Hilsa macrura ilisha*, *Chirocenterous dorab*, *Cybiium scomberomorus guttatum* and *Pseudosciaena johninus aneus*, were evaluated. Evaluation of For Peer Review quality of fishes oils, showed *Katus wonus pelamis*, *Pseudosciaena johninus aneus* and *Cyprinodon aphanius dispar* oils had high quality respectively. Comparison of fishes oils showed *Cyprinodon aphanius dispar* oil had highest yield (24%) and *Katus wonus pelamis* oil had lowest yield (3.95%). Comparison of peroxide indexes in Fishes oils, showed *Pseudosciaena johninus aneus* and *Cybiium scomberomorus guttatum* oils had highest and lowest of peroxide value respectively. Tuna fish oil contains considerable contents of Free Fatty Acids (FFA) and omega--3 and omega--6 fatty acids, furthermore, *Katus wonus pelamis* and *Hilsa Macrura ilisha* oils have high and low quality respectively. *Cyprinodon Aphanius dispar* and *Cybiium Scomberomorus guttatum* oils have highest and lowest of yield respectively. It is observed that *Cyprinodon aphanius dispar*, *Pseudosciaena johninus aneu*, *Katus wonus pelamis* and *Chirocenterous dorab*, were suitable commercially for extraction of oil in industrial scale.

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