

c20:5n-3 p values

	HS		DS		
	Mean	SD	Mean	SD	p
RBC PE	1.59	± 0.77	1.45	± 0.58	0.6567
RBC PS	0.58	± 0.28	0.49	± 0.16	0.3969
RBC PC	0.81	± 0.37	0.54	± 0.18	0.0604
P PC	1.23	± 0.57	0.81	± 0.34	0.0667
RBC SM	0.19	± 0.10	0.18	± 0.15	0.8710
P CE	1.15	± 0.65	0.71	± 0.22	0.0641

Plasma triacylglycerol fatty acid composition

	HS		DS		
	Mean	SD	Mean	SD	p
c14:0	3.0	± 1.3	2.6	± 1.3	0.541
c16:0	27.0	± 4.4	24.2	± 3.3	0.135
c18:0	4.1	± 1.2	4.2	± 2.0	0.870
Σ SFA	34.2	± 6.4	31.2	± 5.5	0.274
c16:1n-7	3.3	± 1.1	2.9	± 1.2	0.447
c18:1n-9	37.4	± 4.1	39.0	± 2.4	0.300
c18:1n-7	2.1	± 0.4	2.3	± 0.4	0.143
Σ MUFA	43.4	± 4.1	44.9	± 2.7	0.364
c18:2n-6	15.6	± 4.6	15.4	± 5.3	0.920
c20:4n-6	1.0	± 0.3	1.2	± 0.4	0.185
c22:4n-6	0.1	± 0.0	0.1	± 0.0	0.590
Σ N-6	18.8	± 4.8	18.5	± 5.8	0.896
c20:5n-3	0.4	± 0.2	0.4	± 0.3	0.713
c22:6n-3	0.6	± 0.3	0.5	± 0.3	0.496
Σ N-3	2.7	± 0.9	2.9	± 0.9	0.596
c20:3n-9	0.2	± 0.1	0.2	± 0.1	0.953
N6/N3	7.5	± 3.0	6.5	± 1.5	0.338