**SUPPLEMENTAL TABLE 3**

Median (25th, 75th percentile) EPA in the plasma lipid fractions of males and females

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|  **MALES** |
|  |  | PC | NEFAs | CEs | TGs |  | PC | NEFAs | CEs | TGs |
|   |   | % | % | % | % |   | μg/ml | μg/ml | μg/ml | μg/ml |
| All |  | 1.06 | 0.43 | 0.83 | 0.38 |  | 15.94 | 0.8 | 15.51 | 3.25 |
|   | (0.62, 1.57) |  (0.25, 0.66) |  (0.56, 1.20) |  (0.24, 0.57) |   |  (9.71, 23.66) |  (0.46, 1.48) |  (9.27, 25.22) |  (1.73, 5.01) |
| Oily Fish Intake1 | 0/wk | 0.76 | 0.35 | 0.66 | 0.35 |  | 10.59 | 0.55 | 13.04 | 2.25 |
| (0.52, 1.57) | (0.21, 0.60) | (0.45, 1.11) | (0.23, 0.50) |  | (6.46, 19.19) | (0.36, 0.83) | (8.66, 22.52) | (1.57, 3.69) |
| 0.1-0.99/wk | 1.04 | 0.45 | 0.75 | 0.39 |  | 14.88 | 0.9 | 14.17 | 3.45 |
| (0.67, 1.42) | (0.28, 0.66) | (0.52, 1.04) | (0.25, 0.57) |  | (9.82, 22.85) | (0.52, 1.39) | (8.65, 25.13) | (1.95, 5.06) |
| 1-1.99/wk | 1.33 | 0.51 | 1.1 | 0.45 |  | 18.89 | 1.01 | 22.3 | 2.78 |
| (0.92, 1.67) | (0.25, 0.73) | (0.76, 1.39) | (0.22, 0.60) |  | (12.91, 28.17) | (0.32, 1.69) | (12.94, 31.85) | (1.61, 5.58) |
| 2+/wk | 1.12 | 0.41 | 0.9 | 0.37 |  | 18.43 | 0.79 | 15.03 | 3.75 |
| (0.90, 1.24) | (0.24, 0.52) | (0.55, 1.02) | (0.26, 0.69) |   | (14.92, 20.47) | (0.53, 1.59) | (10.41, 21.31) | (2.97, 4.11) |
| Age | 20-29y | 0.69 | 0.34 | 0.66 | 0.33 |  | 10.52 | 0.55 | 11.2 | 2.83 |
| (0.55, 1.55) | (0.20, 0.52) | (0.31, 1.04) | (0.24, 0.73) |  | (7.03, 16.08) | (0.42, 1.04) | (3.60, 18.46) | (1.30, 3.93) |
| 30-39y | 1.06 | 0.49 | 0.7 | 0.35 |  | 15.78 | 0.79 | 13.04 | 2.48 |
| (0.70, 1.24) | (0.30, 0.66) | (0.52, 1.02) | (0.28, 0.45) |  | (8.89, 21.12) | (0.50, 1.49) | (8.66, 24.10) | (1.65, 3.69) |
| 40-49y | 0.92 | 0.35 | 0.84 | 0.39 |  | 13.3 | 0.85 | 16.19 | 2.64 |
| (0.67, 1.14) | (0.24, 0.69) | (0.59, 1.11) | (0.22, 0.57) |  | (10.17, 17.74) | (0.41, 1.01) | (9.73, 26.65) | (1.58, 5.01) |
| 50-59y | 1.17 | 0.47 | 0.89 | 0.42 |  | 19.83 | 0.85 | 19.08 | 3.65 |
| (0.83, 1.57) | (0.28, 0.66) | (0.63, 1.23) | (0.24, 0.68) |  | (14.09, 26.19) | (0.48, 1.59) | (10.82, 25.22) | (2.34, 5.55) |
| 60+y | 1.46 | 0.46 | 0.9 | 0.47 |  | 20 | 1.39 | 18.5 | 3.57 |
| (0.72, 1.98) | (0.24, 0.77) | (0.63, 1.75) | (0.33, 0.71) |   |  (13.54, 29.28) | (0.59, 1.83) | (10.51, 33.75) | (3.09, 5.98) |
| BMI1 | Normal weight | 1.06 | 0.45 | 0.74 | 0.46 |  | 15.29 | 0.79 | 14.51 | 2.72 |
| (0.66, 1.63) | (0.26, 0.73) | (0.53, 1.20) | (0.33, 0.63) |  | (9.36, 26.19) | (0.48, 1.69) | (9.61, 22.10) | (1.73, 4.54) |
| Overweight | 1.02 | 0.42 | 0.85 | 0.36 |  | 15.51 | 0.77 | 16.5 | 3.1 |
| (0.66, 1.46) | (0.25, 0.64) | (0.57, 1.14) | (0.23, 0.57) |  |  (8.73, 22.18) | (0.48, 1.43) | (8.84, 25.99) | (1.71, 4.72) |
| Obese | 1.14 | 0.49 | 0.88 | 0.41 |  | 21.08 | 1.14 | 17.61 | 3.68 |
| (0.79, 1.60) | (0.31, 0.66) | (0.55, 1.20) | (0.33, 0.52) |   | (16.20, 28.47) | (0.39, 1.60) | (10.16, 31.46) | (3.25, 5.77) |
|  |  |  **FEMALES** |
|  |  | PC | NEFAs | CEs | TGs |  | PC | NEFAs | CEs | TGs |
|   |   | % | % | % | % |   | μg/ml | μg/ml | μg/ml | μg/ml |
| All |  | 0.96 | 0.44 | 0.74 | 0.44 |  | 14.1 | 0.9 | 13.69 | 2.7 |
|   | (0.62, 1.54) | (0.26, 0.67) | (0.45, 0.99) | (0.30, 0.74) |   | (8.19, 23.23) | (0.51, 1.45) | (7.34, 21.89) | (1.88, 4.72) |
| Oily Fish Intake1 | 0/wk | 0.97 | 0.39 | 0.48 | 0.32 |  | 12.48 | 0.86 | 9.11 | 2.18 |
| (0.62, 1.53) | (0.23, 0.65) | (0.39, 0.85) | (0.20, 0.65) |  | (8.05, 24.02) | (0.62, 1.47) | (5.81, 18.76) | (1.17, 4.27) |
| 0.1-0.99/wk | 0.82 | 0.42 | 0.64 | 0.44 |  | 11.5 | 0.92 | 13.63 | 2.63 |
| (0.51, 1.30) | (0.26, 0.66) | (0.44, 0.90) | (0.31, 0.59) |  | (7.45, 19.32) | (0.50, 1.53) | (7.31, 19.26) | (1.73, 4.11) |
| 1-1.99/wk | 1.31 | 0.43 | 0.81 | 0.45 |  | 18.81 | 0.78 | 17.33 | 3.14 |
| (0.75, 1.73) | (0.27, 0.59) | (0.45, 1.03) | (0.31, 0.74) |  | (11.63, 23.34) | (0.47, 1.17) | (8.27, 24.60) | (2.39, 4.07) |
| 2+/wk | 1.29 | 0.51 | 1.35 | 0.98 |  | 18.49 | 1.11 | 19.18 | 6.07 |
| (0.64, 2.04) | (0.28, 0.86) | (0.80, 1.54) | (0.50, 1.35) |   | (10.54, 38.01) | (0.55, 1.49) | (11.58, 34.06) | (2.35, 11.25) |
| Age | 20-29y | 0.69 | 0.41 | 0.46 | 0.38 |  | 8.74 | 0.71 | 8.77 | 2.24 |
| (0.48, 1.36) | (0.22, 0.66) | (0.38, 0.72) | (0.27, 0.65) |  | (6.38, 14.97) | (0.55, 1.67) | (5.41, 13.52) | (1.45, 4.27) |
| 30-39y | 1.01 | 0.32 | 0.79 | 0.44 |  | 11.6 | 0.9 | 10.24 | 2.62 |
| (0.66, 1.71) | (0.24, 0.57) | (0.50, 0.99) | (0.30, 0.88) |  | (7.57, 21.74) | (0.43, 1.35) | (8.27, 18.61) | (1.81, 3.95) |
| 40-49y | 0.83 | 0.53 | 0.61 | 0.46 |  | 12.48 | 0.94 | 14.38 | 2.63 |
| (0.67, 1.38) | (0.26, 0.84) | (0.43, 0.90) | (0.31, 0.71) |  | (9.17, 18.86) | (0.51, 1.47) | (7.00, 20.05) | (2.16, 4.96) |
| 50-59y | 1.06 | 0.45 | 0.85 | 0.44 |  | 16.59 | 1.03 | 16.86 | 3.3 |
| (0.70, 1.47) | (0.32, 0.76) | (0.50, 1.42) | (0.30, 0.75) |  | (10.07, 26.43) | (0.57, 1.86) | (8.20, 29.90) | (2.13, 5.75) |
| 60+y | 1.04 | 0.44 | 0.8 | 0.47 |  | 19.19 | 0.9 | 17.1 | 2.92 |
| (0.64, 1.80) | (0.34, 0.58) | (0.49, 0.92) | (0.32, 0.73) |   | (9.26, 27.60) | (0.48, 1.30) | (10.79, 23.13) | (1.96, 4.11) |
| BMI1 | Normal weight | 0.9 | 0.42 | 0.67 | 0.45 |  | 13.04 | 0.8 | 12.63 | 2.69 |
| (0.58, 1.48) | (0.26, 0.65) | (0.43, 0.94) | (0.29, 0.74) |  | (7.64, 22.77) | (0.46, 1.36) | (7.00, 20.18) | (1.87, 4.17) |
| Overweight | 1.01 | 0.48 | 0.76 | 0.44 |  | 15.88 | 1.2 | 14.29 | 3.04 |
| (0.64, 1.81) | (0.32, 0.71) | (0.45, 1.25) | (0.31, 0.73) |  | (9.26, 26.43) | (0.74, 1.87) | (7.34, 25.25) | (1.73, 5.57) |
| Obese | 1.09 | 0.37 | 0.93 | 0.39 |  | 14.28 | 0.67 | 14.58 | 2.45 |
| (0.81, 1.53) | (0.21, 0.63) | (0.79, 1.03) | (0.33, 0.74) |   | (11.70, 25.65) | (0.43, 1.11) | (9.98, 22.57) | (2.14, 6.30) |

PC, Phosphatidylcholine, NEFAs, non-esterified fatty acids, CEs, cholesteryl esters, TGs, triacyglycerol.

1 Oily fish defined as: salmon, herring, mackerel, fresh tuna, sardines, kippers, and trout.

2 BMI: Normal weight = 18-25 (kg/m2), Overweight = 25.1-30 (kg/m2) and Obese = 30.1-46 (kg/m2).