



**SUPPLEMENTAL FIGURE 4** Relative concentrations (%) of combined eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in plasma phosphatidylcholine (PC), non-esterified fatty acids (NEFAs), cholesteryl esters (CEs) and triacylglycerols (TGs) according to oily fish intake (portions/ week). Distribution of participants in each oily fish intake group are as follows; PC and TGs: 0/week: n = 64, 2+/week: n = 38. NEFAs: 0/week: n = 63, 2+/week: n = 38. CEs: 0/week: n = 63, 2+/week: n = 37. \* P = 0.001. *P* values were obtained using log-10 data in a univariate general linear model (GLM) analysis controlling for co-variates (sex, age, BMI, and APOE groups).