

Table D-3. Baseline Omega-3 intake, comparative studies

Author	Group (N)	Biomarker Source	Units	ALA (18:3 n3)*	EPA (20:5 n3)*	DPA (22:5 n3)*	DHA (22:6 n3)*	EPA+ DHA	EPA+ DHA+ DPA	Total n3 FA	Linoleic acid (18:2 n6)	Arachidonic acid (20:4 n6)	Total n6 FA	n6/n3 ratio	AA/EPA ratio
Maki, 2013, 23998969	Control (205)	Plasma	mcg/mL		20.8 (10.7)	21.8 (8.0)	58.9 (18.9)					277 (77.1)			
Liu, 2003, no PMID	Control (22)	Erythrocyte	% FA		2.1 (0.3)		5.0 (0.5)					7.7 (0.3)			
Tatsuno, 2013, 24314359	EPA (166)	Plasma	µg/mL	195 (nd)	73 (nd)		184 (nd)								
Galan, 2010, 21115589	Control (169)	Plasma	% FA		[1.26 (IQR 0.84, 1.81)		Median 2.70 (IQR 2.15, 3.36)	Median 4.04 (IQR 2.99, 5.08)							
Rasmussen, 2006, 16469978	SFA (83)	Serum	%	0.31	1.5	1.07	4.67				21.02	9.45			
Burr, 2003, 12571649	Control (29)	Plasma	mg/dl		3.19 (1.75)										
Harrison, 2004, 15853118	Control (43)	Plasma	% FA				1.51 (0.15)								
Tavazzi, 2008, 18757090	Control (1203)	Plasma	mol%		0.85 (0.77)	0.78 (0.32)	3.4 (1.2)			5.1 (1.9)					
Leaf, 2005, 16267249	Control (202)	phospholipids of red blood cells	% of total FA					3.5 (SEM 1.2)							
Eritsland, 1996, 8540453	Control (251)	Serum	mg/L		33.5 (19.9)		111.4 (30.8)			170.3 (51.4)	282.7 (67.1)	105.6 (31.4)	429.9 (92.8)		
Caslake, 2008, 18779276	Control (312)	plasma phosphatidylcholine fatty acid	% total FA		1.6 (SEM 0.04)	1.09 (0.01)	4.41 (0.07)		7.17 (0.11)		23.4 (0.15)				
Olano-Martin, 2009, 19748619	Control (38)	plasma phospholipids fatty acid	% total FA		1.7 (SEM 0.2)	1.2 (0.0)	4.8 (0.2)				23.4 (0.4)				
Grieger, 2014, 24454276	Control (37)	RBC membrane	%	0.147 (0.008 SE)	1.5 (0.1 SE)	3.0 (0.1 SE)	5.0 (2 SE)			9.7 (0.4 SE)	10.3 (0.2 SE)	12.0 (0.3 SE)	27 (0.4 SE)		
Kastelein, 2014, 24528690	Control (98)	plasma	µg/mL	Median 375 (range 105, 1182)	Median 19.5 (range 6.3, 207)		Median 85.1 (range 29.7, 411)								

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Einvik, 2010, 20389249	Control (281)	serum	% of total		Median 1.67 (IQR 1.07, 2.93)		Median 2.97 (IQR 2.23, 3.95)							Median 6.21 (IQR 4.25, 8.56)	
Einvik, 2010, 20389249	Control (68)	serum	% of total	Mean 0.59 (0.20)	Mean 2.18 (1.7)		Mean 2.98 (1.2)			Mean 6.0 (3.0)				Mean 7.0 (3.5)	
Nodari, 2011, 21215550	Control (66)	circulating free fatty acids	% total circulating FFA					1.68 (0.43)							

* mean (SD) [median (IQR)]. If a single number is given for IQR, this indicates the width of the interval (75th-25th).