

**eTable 2. Characteristics of study participants according to serum (EPA+DHA):AA tertile in women in the Sasayama study, 2012-2013**

	Tertile of (EPA+DHA):AA		
	T <sub>1</sub> (0.338-0.925)	T <sub>2</sub> (0.929-1.282)	T <sub>3</sub> (1.283-2.777)
Number of participants	103	104	105
Age, years	52 (8)	59 (5)	59 (5)
BMI, kg/m <sup>2</sup>	22.2 (2.8)	22.6 (3.7)	22.8 (3.7)
Systolic blood pressure, mm Hg	119 (15)	128 (21)	130 (18)
Diastolic blood pressure, mm Hg	70 (10)	75 (12)	76 (11)
Hypertension, %	13.6	38.5	38.1
Glucose, mg/dL	93	98	96
Diabetes, %	4.9	4.8	3.8
Total cholesterol, mg/dL	214 (33)	226 (36)	231 (38)
LDL cholesterol, mg/dL	129 (32)	139 (34)	142 (34)
HDL cholesterol, mg/dL	67 (13)	67 (14)	67 (17)
Medication for dyslipidemia, %	20.4	20.2	21.9
Current smoking, %	10.7	4.8	3.8
Current drinking, %	40.8	29.8	35.2
History of CVD, %	2.9	3.8	1.0
High-sensitivity C-reactive protein, mg/L	0.2	0.4	0.4
Serum n-3 PUFA, <sup>a</sup> µg/mL	201.8 (46.2)	280.5 (53.5)	373.9 (79.8)
Serum n-6 PUFA, <sup>b</sup> µg/mL	1192.5 (168.1)	1189.3 (188.3)	1186.4 (189.6)
Serum long chain n-3 PUFA, <sup>c</sup> µg/mL	179.9 (42.9)	254.2 (51.6)	344.5 (79.2)
Fish intake, g/week	129 (5)	279 (2)	334 (2)
Serum creatinine, mg/dL	0.66 (0.09)	0.66 (0.09)	0.66 (0.10)
eGFR <sub>cre</sub> , mL/min/1.73 m <sup>2</sup>	75 (12)	72 (12)	72 (12)
Serum cystatin C, mg/L	0.78 (0.12)	0.81 (0.10)	0.81 (0.12)
eGFR <sub>cys</sub> , mL/min/1.73 m <sup>2</sup>	96 (18)	89 (13)	88 (15)

AA, arachidonic acid; BMI, body mass index; CVD, cerebral and cardiovascular disease; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; HDL, high-density lipoprotein; LDL, low-density lipoprotein; PUFA, polyunsaturated fatty acid.

Values are means (standard deviations) unless specified otherwise. Glucose and high-sensitivity C-reactive protein levels are presented as medians. Fish intake is presented as geometric mean (SD).

<sup>a</sup> N-3 PUFA: the sum of linolenic acid, EPA, DHA, and docosapentaenoic acid.

<sup>b</sup> N-6 PUFA: the sum of linoleic acid,  $\gamma$ -linolenic acid, dihomo- $\gamma$ -linolenic acid, and AA.

<sup>c</sup> Long-chain n-3 PUFA: the sum of EPA, DHA, and docosapentaenoic acid.