Supplemental Table 3. Plasma fatty acid levels (mg/100mL) after the run-in and wash-out periods and after 4-weeks dietary intervention with omega-3- or phytosterol-enriched milk

	Run-in period	Wash-out period	p-value*	after omega-3-enriched milk intervention	after phytosterol-enriched milk intervention
12:2	28.8 ± 3.34	27.6 ± 2.74	0.778	28.7 ± 3.43	27.4± 2.88
12:0	26.5 ± 2.22	26.3 ± 2.64	0.939	26.8 ± 1.73	26.6 ± 2.33
13:0	0.4 ± 0.23	0.4 ± 0.25	0.931	0.4 ± 0.22	0.2 ± 0.17
14:0	41.6 ± 2.71	41.0 ± 2.48	0.885	40.4 ± 2.65	41.2 ± 2.28
15:1	0.0 ± 0.00	0.3 ± 0.19	0.164	0.7 ± 0.7	0.3 ± 0.22
15:0	2.3 ± 0.76	2.0 ± 0.64	0.445	2.3 ± 0.67	1.6 ± 0.51
16:2	7.2 ± 0.97	5.7 ± 0.93	0.272	5.6 ± 0.91	6.5 ± 0.89
16:1	475.9 ±36.63	490.0 ±27.38	0.757	484.3 ±23.84	476.6 ±29.74
16:0	656.9 ±37.13	684.8 ±37.18	0.496	670.4 ±41.3	660.5 ±36.44
17:0	16.1 ± 1.89	15.6 ± 1.45	0.821	15.2 ± 1.79	15.3 ± 1.51
18:3	0.3 ± 0.23	0.8 ± 0.39	0.309	0.5 ± 0.30	0.8 ± 0.41
18:2	180.8 ±12.65	201.1 ±13.87	0.275	194.3 ±15.55	182.1 ±10.11
18:1	334.1 ±27.89	352.9 ±29.57	0.640	344.4 ±28.77	360.7 ±34.38
18:0	503.1 ±42.19	498.6 ±27.51	0.929	517.0 ±42.37	506.3 ±25.01
19:0	0.7 ± 0.31	0.8± 0.39	0.924	0.4 ± 0.24	0.9 ± 0.45
20:5	0.0 ± 0.00	0.0 ± 0.00	-----	0.1 ± 0.01	0.0 ± 0.00
20:4	0.7 ± 0.34	0.6 ± 0.51	0.984	0.7 ± 0.38	0.2± 0.2
20:3	3.8 ± 0.85	3.6 ± 0.77	0.916	3.5 ± 0.83	4.0 ± 0.82
20:2	0.0 ± 0.00	0.0 ± 0.00	-----	0.0 ± 0.00	0.0 ± 0.00
20:1	0.1 ± 0.09	0.3 ± 0.24	0.330	0.3± 0.19	0.4± 0.36
20:0	15.9 ± 1.62	15.1 ± 1.40	0.701	15.1 ± 1.71	15.1 ± 1.54
22:6	0.3 ± 0.19	0.3 ± 0.20	0.984	0.4 ± 0.27	0.1 ± 0.13
22:0	18.7 ± 2.19	22.2 ± 1.62	0.200	20.8 ± 2.09	21.5 ± 1.76
24:6	7.2 ± 1.06	7.4 ± 0.97	0.859	6.1 ± 0.91	6.7± 1.17
24:1	14.2 ± 1.74	12.8 ± 1.41	0.579	14.2 ± 1.82	13.9 ± 1.68
24:0	16.2 ± 1.74	19.9 ± 1.65	0.122	18.7 ± 1.88	17.9 ± 1.75
26:2	16.6 ± 1.68	17.5 ± 1.87	0.707	17.4 ± 1.64	17.0 ± 1.48
26:1	0.0 ± 0.00	0.3 ± 0.19	0.158	0.1 ± 0.01	0.2 ± 0.13

*difference in plasma values after Run-in and wash-out periods were assessed by T-Student;p ≤ 0.05 indicates statistical significance