

## Supplementary Information

*Lecithin derived from  $\omega$ -3 PUFA fortified eggs decreases blood pressure in spontaneously hypertensive rats*

Nowacki D., Martynowicz H., Skoczyńska A., Wojakowska A., Turczyn B., Bobak Ł., Trziszka T., Szuba A.

**Supplementary Table S1.** The percentage of the fatty acids in the phospholipid fraction isolated from egg yolk.

<b>Phospholipid fraction</b>	<b>[%]</b>
Purity as a substance insoluble in acetone	73.00
Phosphatidylcholine	81.72
Phosphatidylethanolamine (PE)	18.27
<b>The fatty acid profile of the phospholipid fraction</b>	
	<b>[%]</b>
Tetradecanoic acid	C14:0 0.40
Tetradecenoic acid	C14:1 0.16
Hexadecanoic acid	C16:0 26.36
Hexadecenoic acid	C16:1 2.52
Heptadecanoic acid	C17:0 0.24
Octadecanoic acid	C18:0 14.05
Octadecenoic acid (kwas oleic; OA)	C18:1 29.66
Octadecadienoic acid (kwas linoleic; LA)	C18:2 13.08
$\alpha$ -linolenic acid (octadecatrienoic; ALA)	C18:3 3.12
Eicosadienoic acid	C20:2 0.18
Eicosatrienoic acid	C20:3 0.12
Eicosatetraenoic acid (arachidonic acid; AA)	C20:4 2.41
Eicosapentaenoic acid (EPA)	C20:5 0.58
Docosahexaenoic acid (DHA)	C22:6 7.12
$\omega$ -3	10.82
$\omega$ -6	15.79
$\omega$ 6/ $\omega$ 3	1.46
Saturated fatty acids	41.05
Unsaturated fatty acids	58.95
Polyunsaturated fatty acids (PUFA)	26.61
Monounsaturated fatty acids (MUFA)	32.34

**Supplementary Table S2.** Nutrition information table of PUFA pure chow (Labofeet B without linseed fraction) and Labofeet B standard chow.

	<b>Labofeet B without linseed fraction</b>	<b>Labofeet B standard</b>
	<b>amount per 100 g</b>	
Energy	272.28 kcal	274.67 kcal
Protein	17.5 g	17.7 g
Carbohydrate	73.81 g	72.79 g
Fiber	6.34 g	6.42g
Total fat	3.14 g	3.87 g
Linseed fat	0 mg	730 mg
PUFA	9.78 mg	506.3 mg
MUFA	< 2.1 mg	129.9 mg