

Supplemental table 1. Analytical information of PUFAs markers

Markers	Retention Time, min	Exact Mass, Da	CV in QC samples, %
n-6 PUFAs			
18:2n-6 (LA)	11.1	280	17.8
18:3n-6 (GLA)	10.5	278	13.3
20:2n-6 (EDA)	12.0	308	18.4
20:3n-6 (DGLA)	11.3	306	15.7
20:4n-6 (AA)	11.0	304	17.3
n-3 PUFAs			
18:3n-3 (ALA)	10.5	278	11.0
18:4n-3 (SA)	7.7	276	24.7
20:3n-3 (ETA)	12.2	306	20.3
20:5n-3 (EPA)	10.5	302	15.6
22:6n-3 (DHA)	10.8	328	16.3

Abbreviations: PUFA, polyunsaturated fatty acid; CV, coefficient of variation; QC, quality control; LA, linoleic acid;

GLA, gamma-linolenic acid; EDA, eicosadienoic acid; DGLA, dihomo-gamma-linolenic acid; AA, arachidonic acid;

ALA, alpha-linolenic acid; SA, Stearidonic Acid; ETA, Eicosatrienoic Acid; EPA, Eicosapentaenoic acid; DHA,

Docosahexaenoic acid.