

**Supplemental Table S1 Omega fatty acid serum concentrations, presented as mean  $\pm$  standard deviation, by participant characteristic.**

	ALA	EPA	DHA	LA	DGLA	AA
Age (years)						
30–34	0.048 $\pm$ 0.035	0.004 $\pm$ 0.003	0.024 $\pm$ 0.015	0.001 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.017
35–37	0.060 $\pm$ 0.051	0.005 $\pm$ 0.003	0.026 $\pm$ 0.014	0.017 $\pm$ 0.014	0.008 $\pm$ 0.004	0.048 $\pm$ 0.019
38–44	0.040 $\pm$ 0.027	0.005 $\pm$ 0.006	0.025 $\pm$ 0.018	0.015 $\pm$ 0.010	0.007 $\pm$ 0.003	0.046 $\pm$ 0.016
BMI (kg/m <sup>2</sup> )						
< 18.50	0.050 $\pm$ 0.049	0.006 $\pm$ 0.004	0.023 $\pm$ 0.012	0.012 $\pm$ 0.006	0.007 $\pm$ 0.001	0.051 $\pm$ 0.016
18.50–24.99	0.046 $\pm$ 0.038	0.005 $\pm$ 0.003	0.025 $\pm$ 0.015	0.014 $\pm$ 0.011	0.007 $\pm$ 0.004	0.045 $\pm$ 0.016
25.00–29.99	0.049 $\pm$ 0.033	0.005 $\pm$ 0.003	0.025 $\pm$ 0.013	0.016 $\pm$ 0.010	0.008 $\pm$ 0.004	0.051 $\pm$ 0.022
$\geq$ 30	0.052 $\pm$ 0.045	0.005 $\pm$ 0.003	0.022 $\pm$ 0.015	0.018 $\pm$ 0.012	0.008 $\pm$ 0.004	0.051 $\pm$ 0.017
Nulliparous	0.047 $\pm$ 0.040	0.005 $\pm$ 0.003	0.025 $\pm$ 0.014	0.014 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.016
Multiparous	0.049 $\pm$ 0.036	0.005 $\pm$ 0.004	0.023 $\pm$ 0.015	0.016 $\pm$ 0.011	0.007 $\pm$ 0.003	0.048 $\pm$ 0.016
Regular periods	0.047 $\pm$ 0.037	0.005 $\pm$ 0.003	0.024 $\pm$ 0.014	0.014 $\pm$ 0.010	0.007 $\pm$ 0.003	0.047 $\pm$ 0.017
Irregular periods	0.053 $\pm$ 0.044	0.005 $\pm$ 0.004	0.024 $\pm$ 0.019	0.018 $\pm$ 0.014	0.008 $\pm$ 0.005	0.048 $\pm$ 0.020
Race						
White	0.015 $\pm$ 0.011	0.005 $\pm$ 0.003	0.024 $\pm$ 0.014	0.015 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.017
Non-White	0.015 $\pm$ 0.011	0.005 $\pm$ 0.003	0.026 $\pm$ 0.017	0.015 $\pm$ 0.011	0.007 $\pm$ 0.003	0.049 $\pm$ 0.017
Education level						
College or less	0.015 $\pm$ 0.010	0.004 $\pm$ 0.003	0.022 $\pm$ 0.014	0.015 $\pm$ 0.010	0.008 $\pm$ 0.004	0.049 $\pm$ 0.018
Some graduate school or more	0.015 $\pm$ 0.011	0.005 $\pm$ 0.003	0.025 $\pm$ 0.015	0.015 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.017
Married	0.014 $\pm$ 0.011	0.006 $\pm$ 0.005	0.025 $\pm$ 0.013	0.014 $\pm$ 0.011	0.008 $\pm$ 0.004	0.049 $\pm$ 0.016
Not married	0.015 $\pm$ 0.011	0.005 $\pm$ 0.003	0.024 $\pm$ 0.015	0.015 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.017
Smoking status						
Never	0.048 $\pm$ 0.038	0.005 $\pm$ 0.003	0.025 $\pm$ 0.015	0.015 $\pm$ 0.011	0.007 $\pm$ 0.004	0.048 $\pm$ 0.017
Past	0.048 $\pm$ 0.042	0.005 $\pm$ 0.003	0.022 $\pm$ 0.015	0.014 $\pm$ 0.010	0.007 $\pm$ 0.004	0.044 $\pm$ 0.017
Current	0.029 $\pm$ 0.018	0.007 $\pm$ 0.005	0.021 $\pm$ 0.010	0.011 $\pm$ 0.008	0.006 $\pm$ 0.001	0.045 $\pm$ 0.011
History of depression	0.045 $\pm$ 0.035	0.006 $\pm$ 0.004	0.024 $\pm$ 0.012	0.014 $\pm$ 0.010	0.007 $\pm$ 0.004	0.046 $\pm$ 0.016
No history of depression	0.049 $\pm$ 0.039	0.004 $\pm$ 0.003	0.024 $\pm$ 0.016	0.015 $\pm$ 0.012	0.007 $\pm$ 0.004	0.048 $\pm$ 0.018
Hormonal contraceptive use in previous 3 months	0.040 $\pm$ 0.028	0.004 $\pm$ 0.003	0.024 $\pm$ 0.016	0.014 $\pm$ 0.010	0.007 $\pm$ 0.004	0.048 $\pm$ 0.020
No hormonal contraceptive use in previous 3 months	0.050 $\pm$ 0.041	0.005 $\pm$ 0.003	0.024 $\pm$ 0.014	0.015 $\pm$ 0.012	0.007 $\pm$ 0.004	0.047 $\pm$ 0.016
Hormonal contraceptive use in previous year	0.044 $\pm$ 0.036	0.005 $\pm$ 0.003	0.025 $\pm$ 0.015	0.014 $\pm$ 0.011	0.007 $\pm$ 0.004	0.048 $\pm$ 0.018
No hormonal contraceptive use in previous year	0.051 $\pm$ 0.040	0.005 $\pm$ 0.004	0.023 $\pm$ 0.014	0.015 $\pm$ 0.011	0.007 $\pm$ 0.004	0.047 $\pm$ 0.017

AA, arachidonic acid; ALA, alpha linolenic acid; BMI, body mass index; DGLA, dihomo-gamma linolenic acid; DHA, docosahexaenoic acid; EPA, eicosapentanoic acid; LA, linoleic acid; SD, standard deviation.