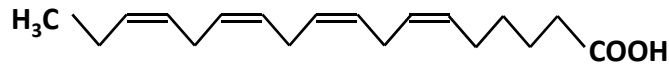


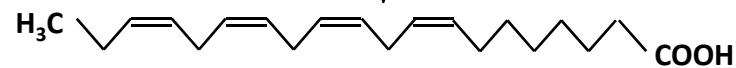
α -Linolenic acid (ALA; 18:3 n -3)

Δ 6-desaturase



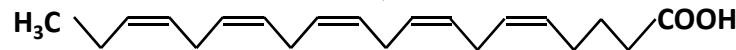
Stearidonic acid (18:4 n -3)

Elongase



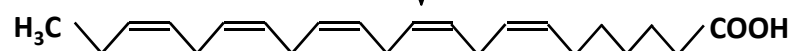
Eicosatetraenoic acid (20:4 n -3)

Δ 5-desaturase



Eicosapentaenoic acid (EPA; 20:5 n -3)

Elongase

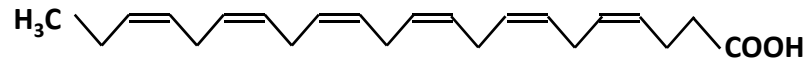


Docosapentaenoic acid (DPA; 22:5 n -3)

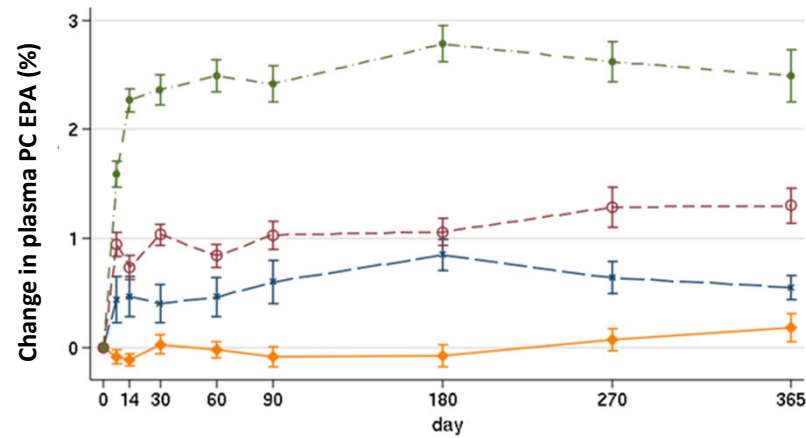
Elongase

Δ 6-desaturase

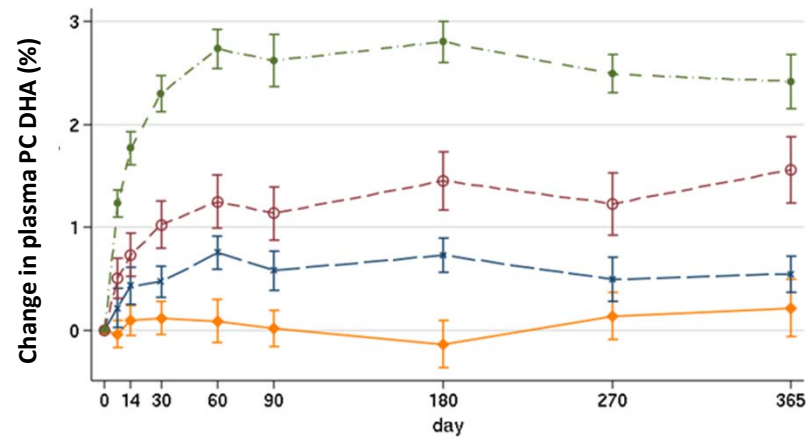
β -oxidation



Docosahexaenoic acid (DHA; 22:6 n -3)



Increasing
intake
of EPA+DHA



Increasing
intake
of EPA+DHA

EPA and DHA exposure

Membrane phospholipid composition

Raft assembly

Fluidity

Fatty acids

**Substrates for
eicosanoids,
resolvins *etc.***

Signals

**Cell & tissue
responses**

**Altered
(patho)physiology**

**Improved
health/
Lowered
disease risk/
Better clinical
outcome**

