

Supplemental data

Supplemental Table 1. Summary of normalized change in EPA and DHA concentrations over 24 hours following a single dose of SMEDS-EPA, EE-EPA, SMEDS-DHA or EE-DHA in healthy adults¹.

	SMEDS-EPA (<i>n</i> 19)	EE-EPA (<i>n</i> 19)	<i>P</i> ²	SMEDS-DHA (<i>n</i> 20)	EE-DHA (<i>n</i> 20)	<i>P</i> ²
Plasma total EPA:						
iAUC (h x (µg/mL))	445 (327, 538)	72 (41, 236)	< 0.001	605 (463, 861)	147 (106, 259)	<0.001
<i>C</i> _{max} (µg/mL)	28 (21, 37)	9 (3, 16)	< 0.001	38 (28, 52)	12 (9, 23)	<0.001
Plasma total DHA:						
iAUC (h x (µg/mL))	432 (341, 565)	201 (166, 419)	< 0.001	467 (361, 720)	176 (137, 263)	<0.001
<i>C</i> _{max} (µg/mL)	36 (28, 50)	17 (11, 23)	< 0.001	38 (32, 96)	15 (10, 22)	<0.001
Plasma total EPA+DHA:						
iAUC (h x (µg/mL))	430 (346, 531)	167 (90, 239)	< 0.001	502 (370, 757)	151 (115, 271)	< 0.001
<i>C</i> _{max} (µg/mL)	30 (25, 45)	10 (6, 16)	< 0.001	35 (28, 55)	14 (9, 19)	< 0.001
Plasma free EPA:						
iAUC (h x (µg/mL))	5 (3, 9)	2 (1.0, 3.5)	0.013	5 (2, 6)	4 (3, 4)	0.011
<i>C</i> _{max} (µg/mL)	0.9 (0.6, 1.5)	0.2 (0.1, 0.3)	0.001	0.8 (0.5, 1.0)	0.3 (0.3, 0.4)	0.001
Plasma free DHA:						
iAUC (h x (µg/mL))	23 (21, 41)	19 (12, 27)	0.076	14 (13, 18)	7 (4, 8)	0.009
<i>C</i> _{max} (µg/mL)	3 (2, 4)	1 (0.7, 3)	0.050	2 (1, 4)	1 (0.4, 0.9)	0.001
Plasma free EPA+DHA:						
iAUC (h x (µg/mL))	26 (24, 50)	21 (13, 33)	0.051	20 (17, 25)	10 (7, 12)	0.011
<i>C</i> _{max} (µg/mL)	3 (2, 5)	2 (1, 3)	0.062	4 (2, 5)	1 (0.7, 1.2)	< 0.001

¹Data are median (25th, 75th percentile) after normalization of each data point according to the amount of EPA or DHA given in g;

²Kruskal Wallis.

Abbreviations used: *C*_{max}, maximum concentration change; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; iAUC, incremental area under the curve.

Supplemental data

Supplemental Table 2. Change in normalized EPA and DHA concentration in blood plasma, mononuclear cells and red blood cells following 12 weeks of daily dosing with SMEDS-EPA, EE-EPA, SMEDs-DHA or EE-DHA in healthy adults¹.

	SMEDS-EPA (<i>n</i> 19)	EE-EPA (<i>n</i> 19)	<i>P</i> ²	SMEDS-DHA (<i>n</i> 20)	EE-DHA(<i>n</i> 20)	<i>P</i> ²
Plasma:						
EPA (µg/ml)	29 (17, 50)	14 (7, 39)	0.056	50 (19, 65)	24 (4, 48)	0.073
DHA(µg/ml)	32 (13, 44)	21 (4, 35)	0.138	33 (17, 42)	20 (16, 31)	0.036
EPA+DHA (µg/ml)	33 (15, 52)	16 (8, 35)	0.078	34 (30, 47)	20 (13, 30)	0.025
MNCs:						
EPA (%)	1.2 (0.9, 1.7)	0.7 (0.5, 1.1)	0.017	1.8 (1.3, 2.2)	1.0 (0.3, 1.5)	0.007
DHA (%)	1.6 (1.2, 2.0)	1.0 (0.5, 1.6)	0.022	1.4 (1.0, 1.8)	1.0 (0.9, 1.3)	0.087
EPA+DHA (%)	1.5 (1.1, 1.7)	0.8 (0.5, 1.3)	0.009	1.6 (1.3, 1.9)	1.1 (0.6, 1.4)	0.003
RBCs:						
EPA (%)	1.8 (1.4, 2.0)	1.1 (0.7, 1.7)	0.029	2.6 (2.1, 2.9)	1.2 (0.9, 2.2)	< 0.001
DHA (%)	2.7 (1.9, 3.2)	2.1 (1.3, 2.6)	0.046	2.8 (2.3, 3.4)	1.7 (1.2, 2.5)	0.001
Omega-3 Index (EPA+DHA)	2.2 (1.8, 2.2)	1.3 (1.1, 2.0)	0.023	2.8 (2.3, 3.2)	1.6 (1.1, 2.7)	< 0.001

¹Data are median (25th, 75th percentile) after normalization of each data point according to the amount of EPA or DHA given each day in g;

²*P* values determined using multivariate analysis controlling for age and sex.

Abbreviations used: DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; MNC, mononuclear cell; RBC, red blood cell.