

Supplementary Material

Table 1. Mean \pm SD plasma concentrations of DHA and EPA collected over 24 hours in males (N=10), females (N=11) and overall (N=21)

Time (clock)	DHA ($\mu\text{g/mL}$)						EPA ($\mu\text{g/mL}$)					
	Males		Females		Total		Males		Females		Total	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
22:00:00	36.02	14.33	27.94	12.57	31.79	13.73	14.96	7.96	11.73	7.39	13.27	7.65
00:00:00	35.12	15.06	27.36	11.13	31.05	13.41	14.46	7.91	11.46	6.36	12.89	7.12
02:00:00	32.55	12.75	25.73	10.99	28.98	12.07	13.20	6.98	10.58	6.00	11.82	6.46
04:00:00	33.40	15.70	25.80	12.17	29.42	14.15	12.85	7.55	10.45	7.04	11.59	7.21
06:00:00	30.57	13.27	25.32	11.75	27.82	12.47	11.92	6.14	9.89	6.55	10.86	6.28
08:00:00	31.65	13.16	28.37	12.68	29.94	12.69	11.99	6.89	10.62	6.19	11.27	6.41
10:00:00	33.52	13.54	27.34	11.46	30.28	12.58	12.73	6.49	9.99	5.14	11.29	5.85
12:00:00	33.63	14.92	28.80	12.14	31.10	13.42	11.77	6.34	9.83	5.41	10.75	5.80
14:00:00	33.54	14.69	30.29	12.16	31.83	13.18	12.15	6.28	10.73	5.20	11.41	5.64
16:00:00	36.82	16.42	28.91	9.66	32.68	13.58	12.97	7.52	10.20	4.58	11.52	6.16
18:00:00	39.25	15.91	29.61	11.71	34.20	14.38	14.77	6.75	10.62	4.97	12.60	6.11
20:00:00	39.82	15.41	29.23	12.18	34.27	14.51	14.66	7.02	9.87	5.16	12.15	6.44
22:00:00	36.36	14.04	28.47	13.46	32.23	13.99	13.42	6.49	10.06	4.91	11.66	5.83

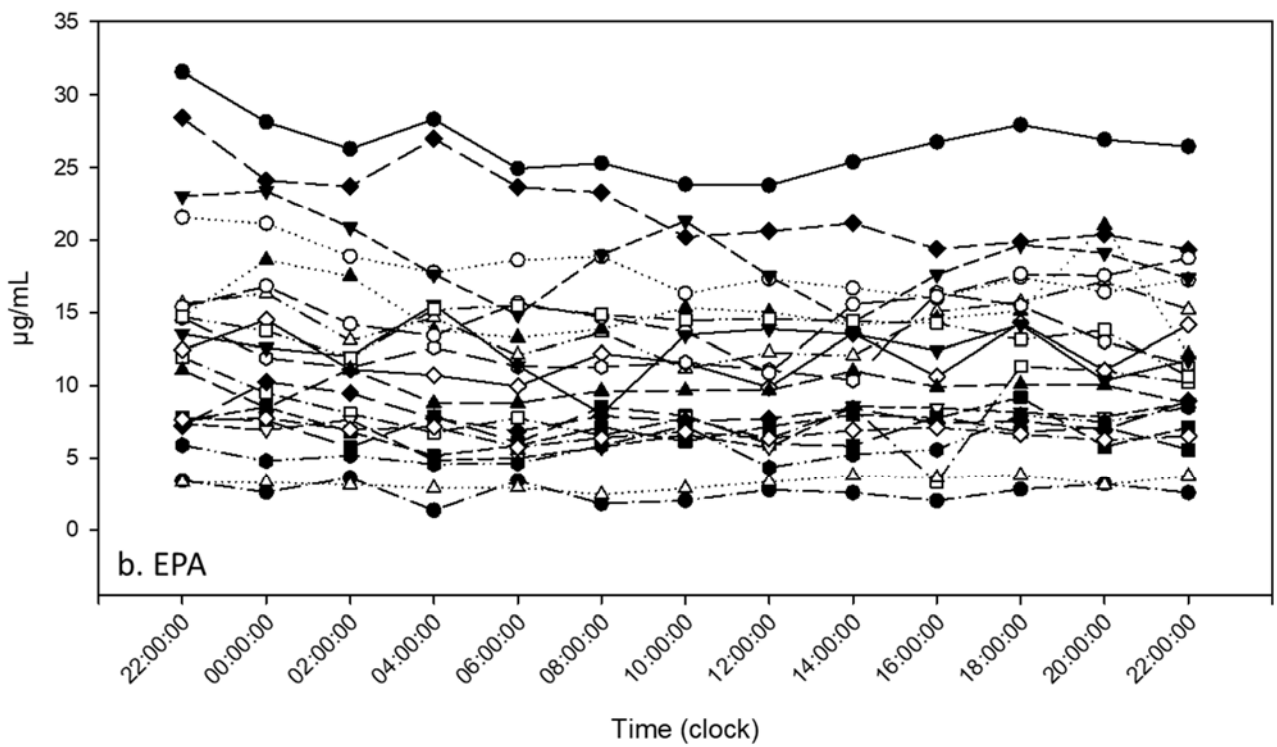
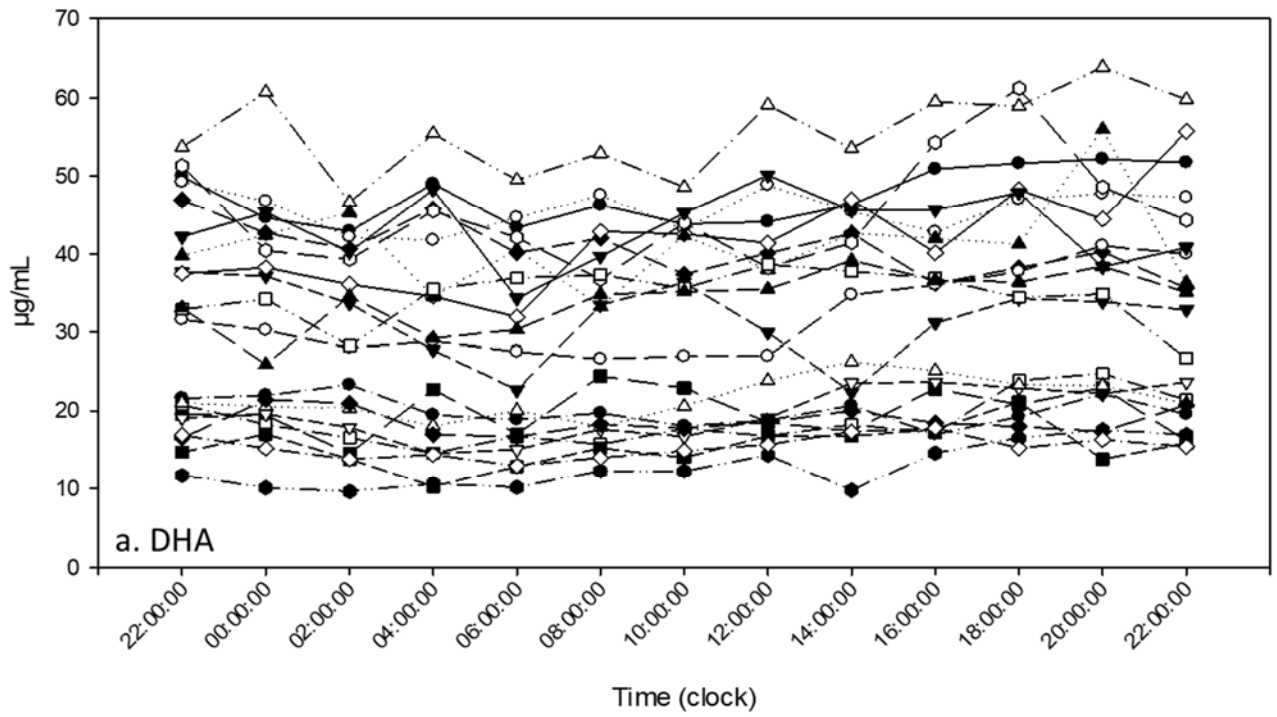


Figure 1. Individual (N = 21) plasma concentrations of DHA (a) and EPA (b) collected over 24 hours.

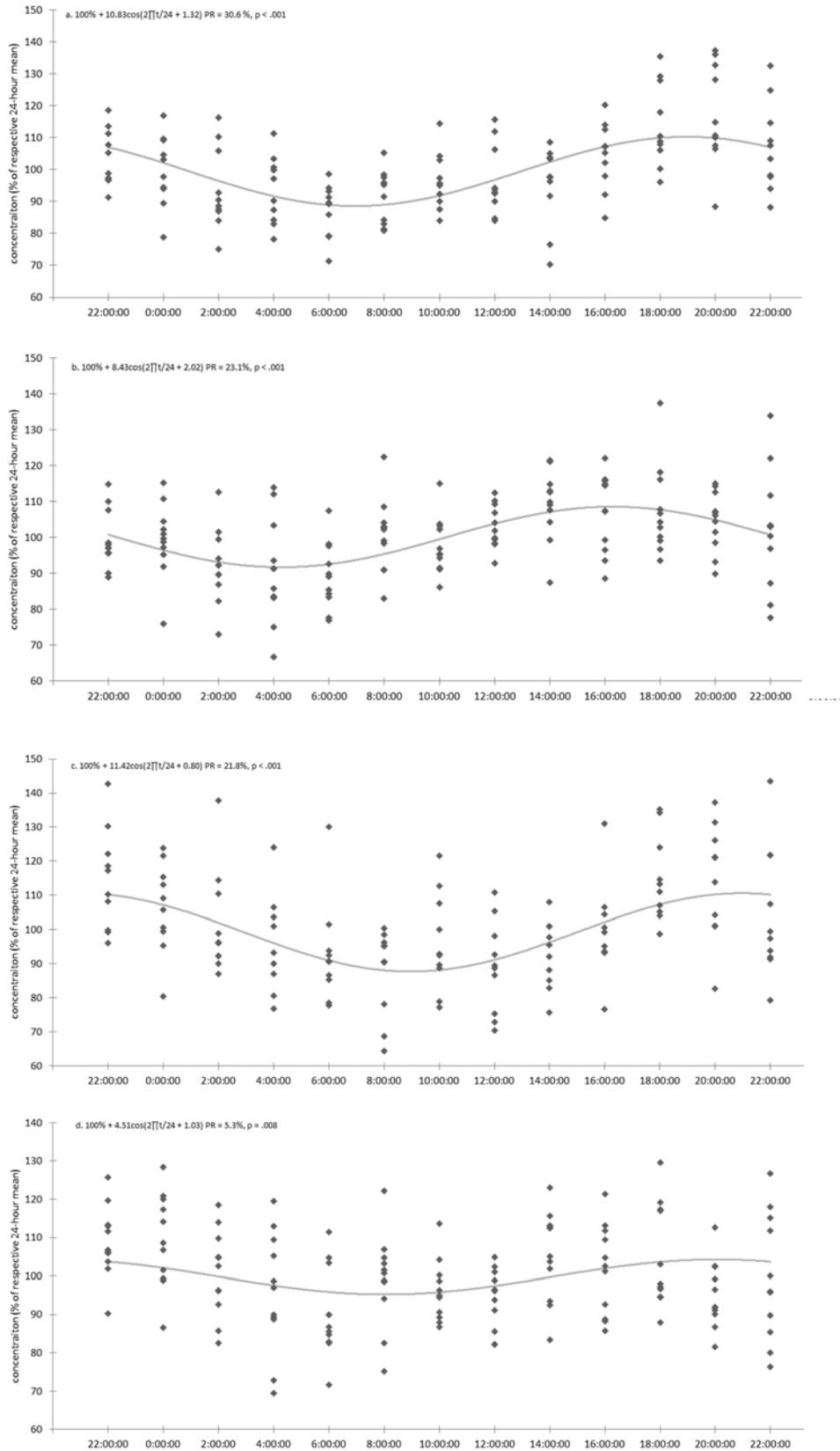


Figure 2. Diurnal variation of pooled data (N = 21) in plasma concentrations of DHA in males (a) and females (b) and EPA in males (c) and females (d) expressed as a percentage of their respective mean 24-hour value. A significant rhythm is detected for all curves. The equation of the cosine curve fitted

by least squares to the data is presented on the graph. R^2 , percentage rhythm or proportion of variance in the data accounted for by the cosine wave ($R^2 \times 100$).