

Table 1: Comparison of the fatty acid composition of some commercial fish oils

	Fatty Acid (% total)								
	14:0	16:0	16:1	18:1	20:1	20:5	22:1	22:5	22:6
Anchovy	9	17	13	10	1	22	1	2	9
Capelin	7	10	10	14	17	8	15	-	6
Cod Liver	4	10	8	25	10	10	7	1	10
Menhaden	9	19	12	11	1	14	-	2	8
Salmon*	5	12	6	20	10	7	9	3	11
Sardine	8	18	10	13	4	16	3	2	9
Tuna	3	22	3	21	1	6	3	2	22

* Farmed salmon. 16:1, Palmitoleic acid; 18:1, oleic acid; 20:1, eicosenoic (gondoic) acid; 20:5, eicosapentaenoic acid; 22:1, docosenoic (erucic) acid; 22:5, docosapentaenoic acid (mainly 7, 10, 13, 16, 19 isomer); 22:6, docosahexaenoic acid (omega-3 isomer)

Data taken from Gunstone et al. [46]

Table 2: Major fatty acids in a variety of freshwater and marine algae [data taken from 55,58]

	16:0	16:1	18:1	n6-18:2	n3-18:3	n6-20:4	n3-20:5	n3-22:6
<i>Chlamydomonas reinhardtii</i> - ¹	20	4	15	-	22	-	-	-
<i>Dunaliella salina</i> - ¹	27	-	11	4	36	-	-	-
<i>Scenedesmus obliquus</i> - ¹	31	-	7	8	11	-	-	-
<i>Chlorella vulgaris</i> - ²	11	16	3	25	30	-	-	-
<i>Lauderia borealis</i> - ³	12	21	2	1	-	1	3	-
<i>Phaeodactylum tricornutum</i> - ³	19	25	8	6	1	1	18	1
<i>Nannochloropsis gaditana</i> - ⁴	15	30	5	-	9	4	35	-
<i>Emilia huxleyi</i> - ⁵	19	10	20	-	-	-	-	9
<i>Pavlova lutheri</i> - ⁵	20	26	2	1	1	-	18	10
<i>Ectocarpus siliculosus</i> - ⁶	15	-	-	6	30	10	13	-
<i>Fucus vesiculosus</i> - ⁶	21	2	26	10	7	15	8	-
<i>Chondrus crispus</i> - ⁷	34	6	9	1	1	18	22	-
<i>Porphyridium purpureum</i> - ⁷	25	-	-	23	-	39	13	-

1 – Chlorophyceae; 2 – Trebouxiophyceae; 3 – Bacillariophyceae; 4 – Eustigmatophyceae; 5 – Haptophyceae;
6 – Phaeophyceae; 7 - Rhodophyceae

Fatty acid identities as for Table 1; 18:2, linoleic acid; 18:3, alpha-linolenic acid. For extra information see [23,24,55,56,58]