

No. of C atoms	Systematic Name	Common Name	Melting Point (C°)	Occurrence
Dienoic acids				
18	<i>cis,cis</i> -6,9-octadecadienoic	Petroslinoleic	-11	Minor acid in animal tissues
18	<i>cis,cis</i> -9,12-octadecadienoic	Linoleic	-5	Major acid in algae and plant tissues. Essential components for mammals.
Trienoic acids (methylene interrupted)				
16	All- <i>cis</i> -7,10,13-hexadecatrienoic			Algae and higher plants
18	All- <i>cis</i> -6,9,12-octadecatrienoic	γ-Linolenic		Minor component of animal tissues, found in a few seed oils (e.g. evening primrose oil)
18	All- <i>cis</i> -9,12,15-octadecatrienoic	α-Linolenic	-11	Higher plants and algae, component of galatosyldiacylglycerols
Trienoic acids (conjugated)				
18	<i>cis</i> -9, <i>trans</i> -11, <i>trans</i> -13-octadecatrienoic	Eleostearic	49	Occasional in some seed oils, especially tung oil
Tetraenoic acids				
16	All- <i>cis</i> -4,7,10,13-hexadecatetraenoic			In some algae, e.g. <i>Chlorella</i> spp.
20	All- <i>cis</i> -5,8,11,14-eicosatetraenoic	Arachidonic	-49.5	Most abundant PUFA of animal phospholipids. Common in some algae and bryophytes
Pentaenoic acids				
20	All- <i>cis</i> -5,8,11,14,17-eicosapentaenoic	Timnodonic		In marine algae and fish oils as a major component, ubiquitous component of animal phospholipids
22	All- <i>cis</i> -7,10,13,16,19-docosapentaenoic			In marine organisms, ubiquitous component of animal phospholipids
Hexaenoic acids				
22	All- <i>cis</i> -4,7,10,13,16,19-docosahexaenoic	Clupanodonic		In animals as phospholipid component and in fish