



# Effects of increasing docosahexaenoic acid intake in human healthy volunteers on lymphocyte activation and monocyte apoptosis.

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**Table 1.** Fatty acid composition of mononuclear cell phospholipids (mol/100 mol total fatty acids) at baseline (0) and after supplementation with increasing doses of DHA

Fatty acids	Daily DHA dose (mg)											
	0		200		400		800		1600		wash out	
	mean	SE	mean	SE								
14 :0	0.10 <sup>a</sup>	0.04	0.16 <sup>a,b</sup>	0.04	0.23 <sup>b,c</sup>	0.03	0.26 <sup>c</sup>	0.26	0.22 <sup>b,c</sup>	0.02	0.20 <sup>a,b,c</sup>	0.04
16 :0	21.45 <sup>a,b</sup>	0.39	18.80 <sup>a</sup>	2.43	22.87 <sup>b</sup>	0.32	22.25 <sup>b</sup>	0.63	22.08 <sup>a,b</sup>	0.76	22.42 <sup>b</sup>	1.12
16 :1n-9	0.04 <sup>a</sup>	0.03	0.12 <sup>a,b</sup>	0.04	0.13 <sup>a,b</sup>	0.03	0.2 <sup>b</sup>	0.04	0.18 <sup>b</sup>	0.05	0.18 <sup>b</sup>	0.02
16 :1n-7	0.14 <sup>a</sup>	0.06	0.22 <sup>a,b</sup>	0.06	0.28 <sup>b</sup>	0.02	0.28 <sup>b</sup>	0.03	0.25 <sup>a,b</sup>	0.03	0.29 <sup>b</sup>	0.03
18 :0	22.10 <sup>a,b</sup>	0.40	21.63 <sup>a</sup>	0.30	22.13 <sup>a,b</sup>	0.32	22.08 <sup>a,c</sup>	0.47	23.21 <sup>b</sup>	0.47	23.07 <sup>c,c</sup>	0.56
18 :1n-9	11.60 <sup>a</sup>	0.75	13.25	0.97	13.45	0.56	12.83	0.45	12.83	0.47	14.83 <sup>b</sup>	1.44
18 :1n-7	2.78 <sup>a</sup>	0.30	2.37 <sup>a,b</sup>	0.36	2.04 <sup>b</sup>	0.13	2.14 <sup>b</sup>	0.09	2.03 <sup>b</sup>	0.09	2.04 <sup>b</sup>	0.14
18 :2n-6	8.03	0.17	8.02	0.32	8.41	0.37	8.36	0.37	8.72	0.44	7.95	0.33
20 :2n-6	0.61	0.02	0.63	0.05	0.65	0.06	0.58	0.05	0.59	0.05	0.56	0.05
20 :3n-6	2.02	0.11	2.12	0.10	2.02	0.10	1.98	0.12	1.93	0.12	1.95	0.09
20 :4n-6	21.18 <sup>a</sup>	0.36	20.84 <sup>a</sup>	0.44	19.21 <sup>b</sup>	0.41	19.44 <sup>b</sup>	0.37	18.28 <sup>b</sup>	0.56	18.38 <sup>b</sup>	0.56
20 :5n-3	0.38 <sup>a</sup>	0.06	0.52 <sup>a,b</sup>	0.03	0.46 <sup>a,b</sup>	0.06	0.60 <sup>b</sup>	0.07	0.61 <sup>b</sup>	0.07	0.55 <sup>a,b</sup>	0.10
22 :4n-6	3.70 <sup>a</sup>	0.47	2.86 <sup>b</sup>	0.41	1.98 <sup>c</sup>	0.11	1.77 <sup>c</sup>	0.11	1.46 <sup>c</sup>	0.09	1.98 <sup>c</sup>	0.13
22 :5n-3	2.65 <sup>a</sup>	0.06	2.35 <sup>b</sup>	0.14	1.96 <sup>c</sup>	0.10	1.84 <sup>c</sup>	0.11	1.41 <sup>d</sup>	0.08	2.08 <sup>b,c</sup>	0.13
22 :6n-3	3.22 <sup>a</sup>	0.28	3.64 <sup>a,b</sup>	0.22	4.01 <sup>b</sup>	0.26	5.08 <sup>c</sup>	0.26	5.67 <sup>c</sup>	0.26	3.06 <sup>a,d</sup>	0.21
SFA	42.84 <sup>a</sup>	0.32	43.08 <sup>a,b</sup>	0.43	45.23 <sup>a,c</sup>	0.44	44.58 <sup>a,c</sup>	0.65	45.51 <sup>b,c</sup>	1.20	45.68 <sup>c</sup>	1.61
MUFA	15.21	0.72	15.96	0.78	15.96	0.49	15.63	0.51	15.47	0.54	17.51	1.42
n-6 PUFA	35.38 <sup>a</sup>	0.76	34.46 <sup>a,b</sup>	0.59	32.38 <sup>c</sup>	0.56	32.27 <sup>c</sup>	0.53	31.31 <sup>c</sup>	0.70	31.12 <sup>c</sup>	0.82
n-3 PUFA	6.59 <sup>a</sup>	0.41	6.50 <sup>a,b</sup>	0.21	6.43 <sup>a,b</sup>	0.31	7.52 <sup>c</sup>	0.31	7.72 <sup>c</sup>	0.37	5.69 <sup>a,d</sup>	0.31
n-6 :n-3	5.52a	0.36	5.34 <sup>a,b</sup>	0.19	5.13 <sup>a,b</sup>	0.27	4.33 <sup>c</sup>	0.16	4.11 <sup>c</sup>	0.17	5.46 <sup>a,d</sup>	0.34
PUFA												

Values are means  $\pm$  SEM of n=8 subjects. Data were analyzed by ANOVA and means were compared by a protected t test. Values in a row not sharing the same superscripts are significantly different, P<0.05. If no superscript appears in a row, the values are not statistically different.