

Supplementary Table S2: TNF and hsCRP concentrations at baseline, after 2 days and 4 weeks of supplementation presented by study groups. Mean \pm 95% CI. Differences in mean changes between SynΩ3 and placebo as well as SynΩ3 and Fish oil are shown.

| Inflammatory marker | Assessment points | Placebo (n=24) Mean (95% CI) | SynΩ3 (n=23) Mean (95% CI) | Fish oil (n=25) Mean (95% CI) | Difference in mean change SynΩ3 vs. Placebo | p-value ^{\$} | Difference in mean change SynΩ3 vs. Fish oil | p-value [#] |
|---------------------|-------------------|---------------------------------|-------------------------------|----------------------------------|--|-----------------------|---|----------------------|
| TNF-α [pg/mL] | Baseline | 6.05 (5.42, 6.69) | 6.14 (5.41, 6.86) | 6.17 (5.66, 6.68) | | | | |
| | 2 days | 6.09 (5.40, 6.79) | 5.95 (5.33, 6.58) | 6.04 (5.57, 6.52) | -0.22 | 0.3600 | -0.06 | 0.7652 |
| | 4 weeks | 6.03 (5.26, 6.81) | 6.23 (5.63, 6.83) | 6.09 (5.62, 6.56) | 0.12 | 0.5793* | 0.18 | 0.4541 |
| hsCRP [mg/L] | Baseline | 2.46 (1.09, 3.83) | 1.56 (0.90, 2.22) | 1.70 (0.92, 2.47) | | | | |
| | 2 days | 2.09 (1.17, 3.00) | 1.71 (0.79, 2.64) | 1.46 (0.87, 2.04) | 0.53 | 0.2592* | 0.39 | 0.7721* |
| | 4 weeks | 3.46 (1.44, 5.48) | 1.93 (0.99, 2.88) | 1.40 (0.87, 1.93) | -0.63 | 0.7333* | 0.67 | 0.0862* |