

### Supplementary material

**Table S1.** Fatty acid (FA) profile (g·100 g<sup>-1</sup> total FAs) of initial octopus by-products extracted with the conventional procedure and of lyophilised by-products extracted with ethanol and with ethanol/ethyl acetate (0.50:0.50)

FA	Initial by-products	Ethanol-extracted lyophilised by- products	Ethanol/ethyl acetate (0.50:0.50)-extracted lyophilised by- products
C14:0	3.00 ± 0.06	3.53 ± 0.04	3.48 ± 0.04
C15:0	0.73 ± 0.09	0.78 ± 0.06	0.85 ± 0.01
C16:0	17.77 ± 0.17	17.22 ± 0.06	16.84 ± 0.30
C16:1 $\omega$ 7	3.70 ± 0.07	5.17 ± 0.02	5.19 ± 0.05
C17:0	1.50 ± 0.04	1.50 ± 0.08	1.46 ± 0.01
C18:0	8.90 ± 0.18	6.95 ± 0.02	6.98 ± 0.00
C18:1 $\omega$ 9	6.81 ± 0.10	7.28 ± 0.03	7.60 ± 0.00
C18:1 $\omega$ 7	3.83 ± 0.13	4.49 ± 0.04	4.85 ± 0.03
C18:2 $\omega$ 6	0.75 ± 0.02	0.81 ± 0.02	0.83 ± 0.09
C20:1 $\omega$ 9	3.22 ± 0.04	2.75 ± 0.01	3.00 ± 0.02
C20:2 $\omega$ 6	0.89 ± 0.08	1.00 ± 0.00	1.11 ± 0.01
C20:4 $\omega$ 6	9.74 ± 0.05	8.37 ± 0.10	8.02 ± 0.13
C22:1 $\omega$ 9	0.85 ± 0.04	0.66 ± 0.01	0.68 ± 0.02
C20:5 $\omega$ 3	12.89 ± 0.11	14.45 ± 0.00	14.00 ± 0.02
C22:4 $\omega$ 6	1.12 ± 0.01	0.91 ± 0.01	0.93 ± 0.05
C24:1 $\omega$ 9	0.40 ± 0.02	0.27 ± 0.00	0.26 ± 0.02
C22:5 $\omega$ 3	1.63 ± 0.10	1.57 ± 0.03	1.84 ± 0.05
C22:6 $\omega$ 3	22.25 ± 0.08	22.31 ± 0.11	22.07 ± 0.22