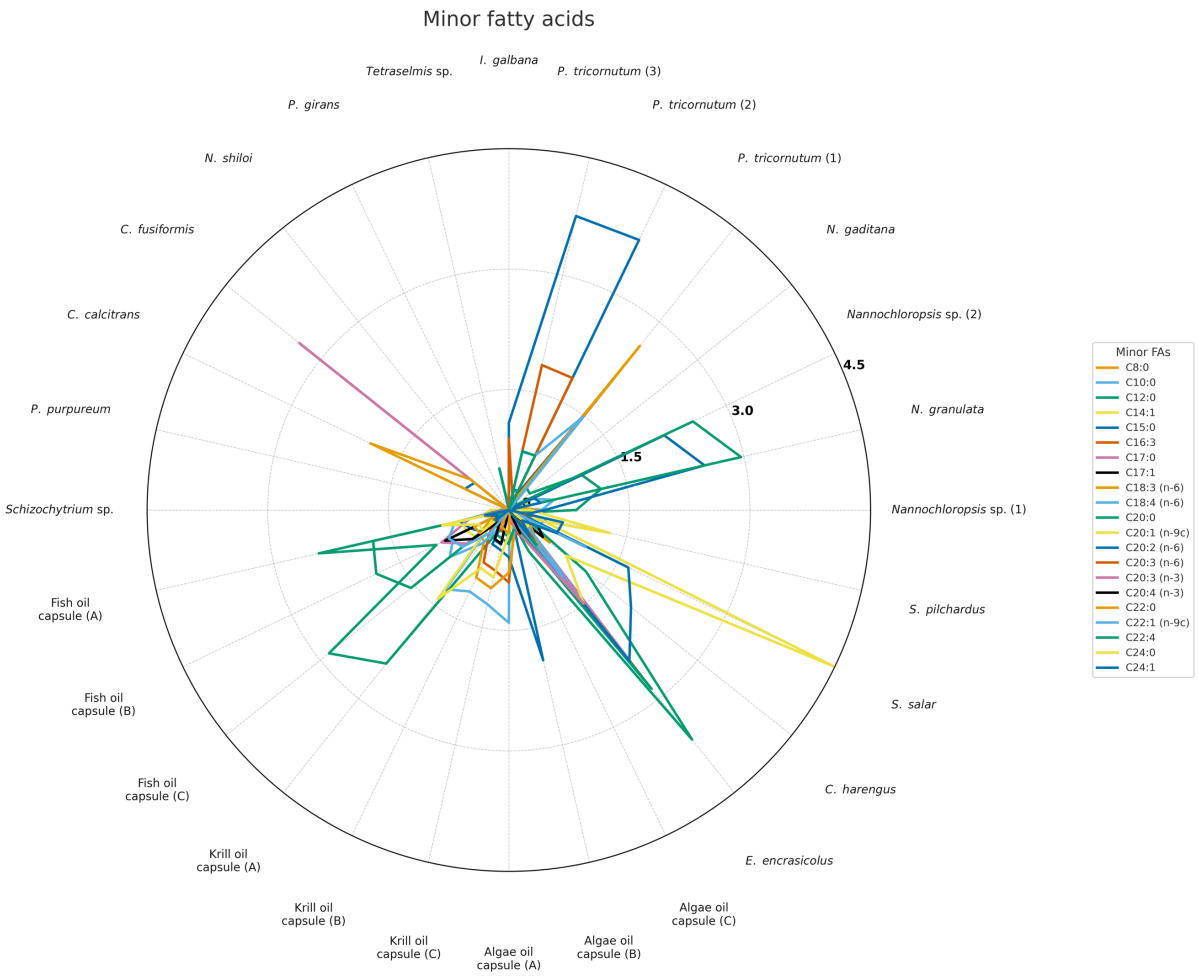

Supplementary Material 2. (S2) *Spider web chart illustrating the relative distribution of individual fatty acids (FAs) in the examined omega-3 (n-3) sources, expressed as a percentage of the total FA content, as determined by gas chromatography–mass spectrometry (GC–MS). Only FAs contributing less than 5% of the total FA content across all n-3 sources are displayed.*