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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	mean	SE	mean	SE	mean	SE	mean	SE
14 :0	0.10 ^a	0.04	0.16 ^{ab}	0.04	0.23 ^{b,c}	0.03	0.26 ^c	0.26	0.22 ^{b,c}	0.02	0.20 ^{a,b,c}	0.04
16 :0	21.45 ^{a,b}	0.39	18.80 ^a	2.43	22.87 ^b	0.32	22.25 ^b	0.63	22.08 ^{a,b}	0.76	22.42 ^b	1.12
16 :1 <i>n</i> -9	0.04 ^a	0.03	0.12 ^{ab}	0.04	0.13 ^{ab}	0.03	0.2 ^b	0.04	0.18 ^b	0.05	0.18 ^b	0.02
16 :1 <i>n</i> -7	0.14 ^a	0.06	0.22 ^{ab}	0.06	0.28 ^b	0.02	0.28 ^b	0.03	0.25 ^{a,b}	0.03	0.29 ^b	0.03
18 :0	22.10 ^{a,b}	0.40	21.63 ^a	0.30	22.13 ^{a,b}	0.32	22.08 ^{a,c}	0.47	23.21 ^b	0.47	23.07 ^{c,c}	0.56
18 :1 <i>n</i> -9	11.60 ^a	0.75	13.25	0.97	13.45	0.56	12.83	0.45	12.83	0.47	14.83 ^b	1.44
18 :1 <i>n</i> -7	2.78 ^a	0.30	2.37 ^{ab}	0.36	2.04 ^b	0.13	2.14 ^b	0.09	2.03 ^b	0.09	2.04 ^b	0.14
18 :2 <i>n</i> -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 :2 <i>n</i> -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 :3 <i>n</i> -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 :4 <i>n</i> -6	21.18 ^a	0.36	20.84 ^a	0.44	19.21 ^b	0.41	19.44 ^b	0.37	18.28 ^b	0.56	18.38 ^b	0.56
20 :5 <i>n</i> -3	0.38 ^a	0.06	0.52 ^{ab}	0.03	0.46 ^{ab}	0.06	0.60 ^b	0.07	0.61 ^b	0.07	0.55 ^{ab}	0.10
22 :4 <i>n</i> -6	3.70 ^a	0.47	2.86 ^b	0.41	1.98 ^c	0.11	1.77 ^c	0.11	1.46 ^c	0.09	1.98 ^c	0.13
22 :5 <i>n</i> -3	2.65 ^a	0.06	2.35 ^b	0.14	1.96 ^c	0.10	1.84 ^c	0.11	1.41 ^d	0.08	2.08 ^{b,c}	0.13
22 :6 <i>n</i> -3	3.22 ^a	0.28	3.64 ^{ab}	0.22	4.01 ^b	0.26	5.08 ^c	0.26	5.67 ^c	0.26	3.06 ^{a,d}	0.21
SFA	42.84 ^a	0.32	43.08 ^{a,b}	0.43	45.23 ^{a,c}	0.44	44.58 ^{a,c}	0.65	45.51 ^{b,c}	1.20	45.68 ^c	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
<i>n</i> -6 PUFA	35.38 ^a	0.76	34.46 ^{a,b}	0.59	32.38 ^c	0.56	32.27 ^c	0.53	31.31 ^c	0.70	31.12 ^c	0.82
<i>n</i> -3 PUFA	6.59 ^a	0.41	6.50 ^{ab}	0.21	6.43 ^{ab}	0.31	7.52 ^c	0.31	7.72 ^c	0.37	5.69 ^{a,d}	0.31
<i>n</i> -6 : <i>n</i> -3	5.52 ^a	0.36	5.34 ^{ab}	0.19	5.13 ^{ab}	0.27	4.33 ^c	0.16	4.11 ^c	0.17	5.46 ^{a,d}	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.