**Supplemental Table 5**

Mean, standard deviation, and concentration values of phytanic isomer SRR %, δ13C16:0 and δ13C18:0 for three different lipid groups.

|  |  |  |  |
| --- | --- | --- | --- |
|   | Freshwater aquatic oils | C4 plant oils | Wild ruminant adipose |
| δ13C16:0 (‰) | -31.9 ± 3.3 | -15.4 ± 0.9 | -29.0 ± 2.3 |
| δ13C18:0 (‰) | -31.6 ± 3.2 | -15.48 ± 1.1 | -31.2 ± 2.6 |
| % SRR | 0.76 ± 0.2 | 0.5 | 0.56 ± 0.001 |
| C16:0 (% dry weight) | 0.51 ± 0.36  | 0.29 ± 0.182 | 1.31 ± 1.322 |
| C18:0 (% dry weight) | 0.14 ± 0.104 | 0.04 ± 0.023 | 1.03 ± 0.78 |