**Supplementary data 1**: Proportions of main fatty acids esterified in the internal (*sn-2*) position of marine oil blend and marine PL

|  |  |  |
| --- | --- | --- |
|  | Marine oil blend1 | Marine PL |
|  | *% esterified in the internal sn-2 position* |
|  SFA | 28.4 | 13.2 |
| 16:0 | 28.8 | 12.3 |
| 18:0 | 10.0 | 27.7 |
|  MUFA | 24.4 | 22.3 |
| 18:1 n-9 | 25.9 | 33.1 |
|  PUFA | 41.6 | 76.4 |
|  n-6 PUFA | 31.9 | 53.3 |
| 18:2 n-6 | 32.1 | 46.1 |
| 20:4 n-6 | 33.1 | 79.2 |
|  n-3 PUFA | 42.9 | 77.0 |
| 18:3 n-3 | 30.1 | 36.6 |
| 20:5 n-3 | 26.1 | 74.2 |
| 22:6 n-3 | 50.6 | 79.9 |

1Marine oil blend was obtained by mixing the two fish oils Omegavie 1812TG and Omegavie Tuna oil 25% DHA (1/10, w/w).