**Supplementary data 2**: Fatty acid profile and PL classes of the vegetable formulation (TGveg+PLveg) used as control curve in the *in vitro* experiment

|  |  |
| --- | --- |
|  | TGveg+PLveg |
|  | *g/100g of total fatty acids* |
|  SFA | 26.7 |
| 16:0 | 17.4 |
| 18:0 | 3.9 |
|  MUFA | 63.5 |
| 18:1 n-9 | 62.2 |
|  PUFA | 9.9 |
|  n-6 PUFA | 9.2 |
| 18:2 n-6 | 9.2 |
| 20:4 n-6 | 0.0 |
|  n-3 PUFA | 0.7 |
| 18:3 n-3 | 0.6 |
| 20:5 n-3 | 0.0 |
| 22:6 n-3 | 0.0 |
| n-6/n-3 | 2.0 |
|  | *g/100g of total phospholipids* |  |
| Phosphatidylcholine | 31.7 |
| Phosphatidylinositol | 29.3 |
| Phosphatidylethanolamine | 29.6 |
| Phosphatidylserine | 5.4 |
| Phosphatidic acid | 4.0 |
| Sphingomyelin | - |
| Lysophosphatidylcholine | - |

1TGn-3: oil phase with n-3 LC-PUFA esterified in triglycerides; TGn-3+PLveg: oil and soya lecithin mix with n-3 LC-PUFA esterified in triglycerides; TGveg+PLn-3: oil and marine PL mix with n-3 LC-PUFA esterified in phospholipids.

TG: triglycerides, PL: phospholipids, SFA: saturated fatty acids, MUFA: monounsaturated fatty acids, PUFA: polyunsaturated fatty acids.