

Chart 3: One hundred grams of salmon liver oil contains 19.87 grams of saturated fatty acids, comprising 9.84 grams of Palmitic Acid (16:0), 4.25 grams of Stearic Acid (18:0) and 3.28 grams of Myristic Acid (14:0). One hundred grams of salmon liver oil contains 29.04 grams of monounsaturated fatty acids comprising 16.98 grams of Oleic Acid (18:1), 4.82 grams of Palmitic acid (16:1), 3.86 grams of Gadoleic Acid (20:1) and 3.38 grams of Erucic Acid (22:1). One hundred grams of salmon liver oil also contains 40.32 grams of EFAs comprising 1.54 gram (only) of the n-6 EFA Linoleic Acid, and 38.78 grams of a large variety of n-3 EFAs: 18.23 grams of Docosahexaenoic Acid (22:6), 13.2 grams of Eicosapentaenoic Acid (20:5), 2.99 grams of Docosapentaenoic Acid (22:5), 2.8 grams of Octodecatetraenoic acid (18:4), 1.06 gram of Alpha Linolenic Acid (18:3) and 0.68 gram of Eicosatetraenoic acid (20:4). Saturated fatty acids are in blue, mono unsaturated in yellow, n-6 EFAs in red and n-3 EFAs in green. The data are from the U.S. Department of Agriculture.

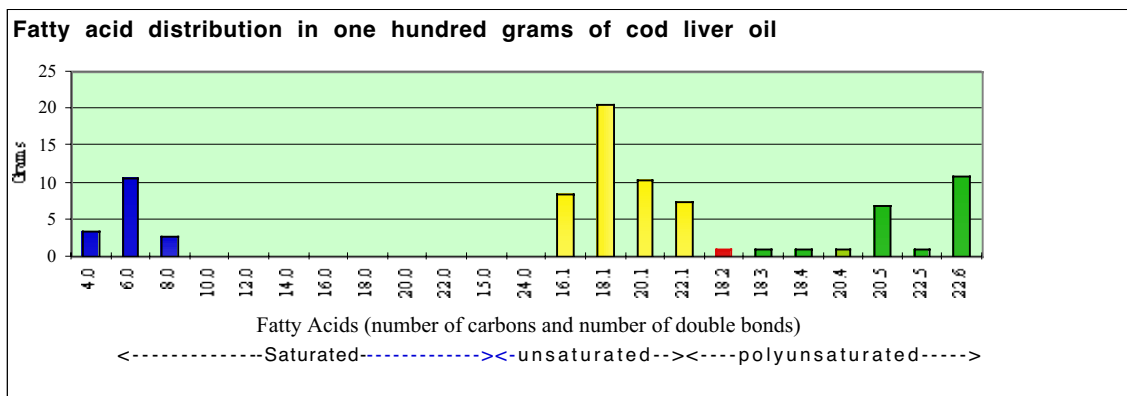


Chart 4: One hundred grams of cod liver oil contains 22.6 grams of saturated fatty acids, comprising 10.63 grams of Caproic Acid (6:0), 3.57 grams of Butyric Acid (4:0) and 2.8 grams of Caprylic Acid (8:0). One hundred grams of cod liver oil contains 46.7 grams of mono unsaturated fatty acids comprising 20.65 grams of Linoleic Acid (18:1), 10.42 grams of Arachidic Acid (20:1), 8.31 grams of Palmitoleic (16:1) and 7.33 grams of Erucic acid (22:1). One hundred grams of salmon liver oil also contains 22.54 grams of EFAs comprising 0.94 gram (only) of the n-6 EFA Linoleic Acid, and 21.60 grams of a large variety of n-3 EFAs: 10.97 grams of Docosahexaenoic Acid (22:6), 6.9 grams of Eicosapentaenoic Acid (20:5) and less than one gram of each Docosapentaenoic Acid (22:5), Octodecatetraenoic acid (18:4), Alpha Linolenic Acid (18:3) and Eicosatetraenoic acid (20:4). Saturated fatty acids are in blue, mono unsaturated in yellow, n-6 EFAs in red and n-3 EFAs in green. The data are from the U.S. Department of Agriculture.