

Table 1 Fatty acid composition of corn oil, fish oil and flaxseed oil adopted from literatures.

Fatty Acid		Corn Oil ¹	Corn Oil ²	Fish Oil ³	Fish Oil ⁴	Fish Oil ⁵	Flaxseed Oil ⁶	Flaxseed Oil ⁷
Saturates	C10:0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	C12:0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	C14:0	0.0	0.0	9.2	3.2	5.2	0.0	0.1
	C15:0	0.0	0.0	0.7	0.0	0.0	0.0	0.0
	C16:0	11.5	6.5	17.6	7.8	17.6	6.0	6.0
	C17:0	2.2	0.0	0.8	0.0	0.0	0.0	0.0
	C18:0	0.0	1.4	3.2	2.6	2.4	3.0	4.0
	C20:0	0.2	0.1	0.0	0.6	0.0	0.0	0.3
	C22:0	0.0	0.0	0.0	0.4	0.0	0.0	0.0
	C24:0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Mono-unsaturated	C14:1	0.0	0.0	0.3	0.0	0.0	0.0	0.0
	C16:1	0.0	0.6	11.2	3.9	5.0	0.0	0.3
	C18:1	26.6	65.6	9.6	6.1	19.4	16.0	22.4
	C20:1	0.0	0.1	0.9	2.0	4.2	0.0	0.3
	C22:1	0.0	0.1	0.0	2.5	6.4	0.0	0.0
	C24:1	0.0	0.0	0.0	0.2	1.2	0.0	0.0
Poly-unsaturated	C16:2	0.0	0.0	1.4	0.7	0.0	0.0	0.0
	C18:2	58.7	25.2	13.0	0.8	3.6	17.0	15.6
	C20:2	0.0	0.0	0.0	0.0	0.5		0.0
	C16:3	0.0	0.0	1.7	0.0	0.0	0.0	0.0
	C18:3	0.8	0.1	1.5	0.2	2.1	58.0	51.0
	C16:4	0.0	0.0	1.2	0.0	0.0	0.0	0.0
	C18:4	0.0	0.0	3.2	0.0	3.2	0.0	0.0
	C20:4n-6	0.0	0.0	1.0	1.5	0.6	0.0	0.0
	C20:4n-3	0.0	0.0	1.4	0.2	0.7	0.0	0.0
	C20:5n-3	0.0	0.0	14.5	27.0	8.2	0.0	0.0
	C21:5n-3	0.0	0.0	0.7	1.5	0.0	0.0	0.0
	C22:5n-3	0.0	0.0	2.5	4.8	1.0	0.0	0.0
	C22:6n-3	0.0	0.0	9.5	24.0	13.6	0.0	0.0

Reference:

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