Electronic Supplementary Material (ESI) for Food & Function.

Table S4. The relative quantitative of different degree of unsaturation of Lyso-GPLs in mice serum (mean ± *SD*, n = 8).

RDB	C group	M group	K_L group	K_M group	K_H group
LysoPA					
0	1.39±0.13**	0.62±0.036	0.50±0.12	0.47±0.094*	0.52±0.093
	21.78%	18.23%	16.11%	13.51%	12.1%
1	0.32±0.079	0.31±0.069	0.27±0.052	0.27±0.049	0.30±0.052
	4.97%	9.22%	8.8%	7.79%	7.04%
2	3.15±0.36**	1.68±0.23	1.41±0.13	1.74±0.19	2.24±0.40**
	49.33%	49.08%	45.33%	49.87%	52.47%
3	0.16±0.025**	0.096±0.023	0.15±0.035*	0.17±0.024**	0.18±0.029**
	2.43%	2.81%	4.76%	4.79%	4.25%
4	0.75±0.054**	0.42±0.072	0.48±0.98	0.50±0.076	0.60±0.15*
	11.74%	12.29%	15.43%	14.42%	14.01%
6	0.62±0.092**	0.29±0.024	0.30±0.054	0.34±0.087	0.43±0.041**
	9.75%	8.37%	9.57%	9.61%	10.11%
LysoPI					
0	0.15±0.032	0.14±0.040	0.13±0.018	0.14±0.026	0.14±0.022
	3.30%	4.00%	3.81%	3.72%	3.20%
1	0.078±0.019**	0.20±0.050	0.14±0.023**	0.14±0.023**	0.15±0.023*
	1.75%	5.94%	4.06%	3.53%	3.44%
2	0.53±0.13**	0.32±0.054	0.36±0.057	0.50±0.11*	0.51±0.10**
	11.96%	9.36%	10.60%	12.72%	12.12%
3	0.30±0.073*	0.19±0.025	0.35±0.073**	0.38±0.087**	0.43±0.09**
	6.78%	5.51%	10.48%	9.73%	10.20%
4	3.20±0.80	2.47±0.61	2.25±0.12	2.55±0.33	2.80±0.45
	72.00%	72.87%	66.41%	65.56%	65.94%
5	0.052±0.0085**	0.021±0.0026	0.031±0.0079**	0.045±0.0048**	0.054±0.012**

	1.17%	0.61%	0.90%	1.16%	1.28%
6	0.14±0.053**	0.058±0.010	0.13±0.030*	0.14±0.025**	0.16±0.058**
	3.04%	1.70%	3.74%	3.58%	3.82%
LysoPG					
0	0.024±0.0059	0.024±0.0037	0.026±0.0043	0.026±0.0042	0.025±0.0045
	14.60%	24.61%	8.91%	8.18%	7.44%
1	0.054±0.013	0.040±0.011	0.12±0.027**	0.12±0.029**	0.13±0.026**
	32.43%	40.68%	40.10%	38.70%	39.34%
2	0.088±0.019*	0.034±0.0092	0.15±0.033**	0.17±0.056**	0.18±0.036**
	52.97%	34.71%	50.99%	53.13%	53.22%
LysoPS					
0	0.011±0.0020	0.0091±0.0021	0.0093±0.0012	0.0095±0.0028	0.0086±0.0023
	57.41%	64.63%	63.47%	55.66%	53.22%
2	0.0034±0.00091**	0.0017±0.00033	0.0026±0.00064	0.0034±0.00095**	0.0036±0.00097**
	18.29%	12.18%	17.45%	20.18%	22.55%
4	0.0046±0.00095	0.0033±0.0013	0.0028±0.0012	0.0041±0.0010	0.0039±0.00097
	24.30%	23.19%	19.08%	24.16%	24.24%
LysoPE					
0	7.54±1.22	5.63±0.59	8.30±1.46**	8.94±2.11**	9.39±1.08**
	66.52%	70.93%	43.73%	41.86%	39.89%
1	0.64±0.14	0.73±0.21	2.37±0.55**	2.47±0.86**	2.53±0.77**
	5.71%	9.13%	12.48%	11.41%	10.74%
2	1.66±0.40	0.79±0.42	2.85±1.16*	4.10±1.70**	4.46±1.71**
	14.65%	9.88%	15.02%	19.17%	18.92%
3	0.24±0.060	0.14±0.045	1.26±0.33**	1.35±0.42**	1.64±0.36**
	2.14%	1.76%	6.62%	6.31%	6.96%
4	0.81±0.19	0.50±0.11	2.95±0.66**	3.19±0.61**	3.99±0.58**
	7.18%	6.33%	15.54%	14.94%	16.97%

5	0.051±0.0079 0.45%	0.018±0.0067 0.22%	0.068±0.023** 0.36%	0.082±0.013** 0.39%	0.098±0.050** 0.41%
6	0.38±0.074 3.36%	0.14±0.037 1.74%	1.19±0.32** 6.25%	1.27±0.33** 5.93%	1.44±0.23** 6.11%
LysoPC					
0	16.14±2.399 54.53%	15.93±1.95 55.24%	23.56±2.66** 49.31%	25.29±3.25** 48.22%	27.33±3.01** 47.73%
1	4.68±0.67 15.8%	4.85±1.10 16.82%	10.55±2.04** 22.08%	12.17±1.91** 23.20%	13.10±1.90** 22.88%
2	2.69±0.65 9.07%	3.50±0.48 12.13%	4.90±0.80* 10.25%	5.20±1.28** 9.92%	5.63±0.86** 9.84%
3	1.32±0.31 4.49%	1.65±0.52 5.72%	3.37±0.31** 7.04%	3.58±0.52** 6.83%	3.90±0.77** 6.81%
4	1.54±0.32 5.21%	1.53±0.34 5.31%	2. 2±0.63* 4.59%	2.47±0.41** 4.71%	2.67±0.30** 4.66%
5	2.44±0.59** 8.23%	0.99±0.16 3.42%	2.61±0.42** 5.46%	3.09±0.48** 5.89%	3.83±0.40** 6.69%
6	0.63±0.19** 2.14%	0.32±0.066 1.12%	0.46±0.096 0.95%	0.48±0.088 0.92%	0.59±0.13** 1.03%
7	0.16±0.0088** 0.54%	0.072±0.022 0.25%	0.15±0.046** 0.31%	0.16±0.014** 0.30%	0.21±0.031** 0.36%

*$P<0.01$, **$P<0.05$ significantly different from group **M**.

Abbreviation: **C**, normal control; **M**, model; $\mathbf{K_L}$, low dose; $\mathbf{K_M}$, medium dose; $\mathbf{K_H}$, high dose; **RDB**, Ring Double Bond Equivalents.