

Supplementary data 1: Phospholipid composition of marine phospholipids extracted from marine lecithin

	Marine phospholipids
	<i>g/100g of total phospholipids</i>
Phosphatidylcholine	73.8
Phosphatidylinositol	3.5
Phosphatidylethanolamine	5.2
Phosphatidylserine	-
Phosphatidic acid	1.2
Sphingomyelin	2.9
Lyso-phosphatidylcholine	9.2

SFA: saturated fatty acids, MUFA: monounsaturated fatty acids, PUFA: polyunsaturated fatty acids.