Electronic Supplementary Material (ESI) for Food & Function.

Table S1 Summary of randomized control trials on ALA and cardiovascular risk factors compared with LA. Negative, no significant differences were found between ALA and LA groups; positive, ALA had different effects with LA.

References	Location	Subjects	Sample size （ALA/LA）	Intervention	Design	Dosage g/d （ALA/LA）	Duration	Results	
								negative	positive
[1, 2]	Australia	healthy young men	15/14	safflower oil linseed oil	parallel design providing food	10 ALA+12 LA / 1 ALA+21 LA	6 weeks	blood lipids, coagulation , fibrinolysis	
[3]	Netherlands	moderately hypercholesterolaemic subjects with two other CVD risk factors	114/168	margarine with ALA or LA	parallel design freeliving	6.3 ALA+26.3 LA/ 1.0 ALA+ 26.8 LA	2 years	SBP, DBP, TC, LDL-c Von Willebrand factor	HDL-c, TG fibrinogen
[4]	Netherlands	moderately hypercholesterolaemic subjects with two other CVD risk factors	51/52	margarine with ALAor LA	parallel design freeliving	5.9 ALA+23.9 LA/ 1.1ALA+ 25.4LA	2 years	IL-6, IL-10, sICAM-1, IMT	CRP
[5]	Canada	healthy men and women	22/22	capsule	parallel design freeliving	1.02 ALA+0.28 LA/ 0.39 ALA+1.14 LA	12 weeks	blood lipids, CRP, TNF-α, platelet aggregation	
[6-8]	Greece	dyslipidaemic men	59/28	flaxseed oil safflower oil	parallel design freeliving	8 ALA+2 LA / 11 LA	12 weeks	SBP, blood lipids, sICAM-1, sE-selectin, sVCAM-1	DBP, MAP, CRP, SAA, IL-6
[9]	Greece	dyslipidaemic men	18/17	flaxseed oil safflower oil	parallel design freeliving	8 ALA+2 LA / 11 LA	12 weeks	blood lipids, TNF-α, adiponectin	
[10]	Finland	healthy men and women	14/14	flaxseed oil hempseed oil	crossover design freeliving	13.3 ALA+3.3 LA / 5.5 ALA+ 13.5 LA	4 weeks	blood lipids, glucose, insulin, haemostatic factors	TC:HDL-c

[11]	America	hypercholesterolemic subjects	23/23	flaxseed oil walnut oil	crossover design providing diets	17 ALA+28 LA / 7 ALA+ 34 LA	6 weeks	blood lipids, CRP, ICAM-1,	VCAM-1, E-selectin
[12-14]	United Kingdom	moderately hyperlipidaemic men and women	30/30/29	spread with ALA or LA	parallel design freeliving	4.5 ALA+ 16.2 LA / 9.5 ALA+ 13.1 LA / 1.5 ALA + 22.9 LA	6 months	blood lipids, immune function, blood coagulation, fibrinolytic factors	
Present study	China	moderately hyperlipidaemic men and women	81/85	blend oil corn oil	parallel design freeliving	1.9 ALA+9.4 LA / 13.6 LA	1 year	blood lipids, glucose, insulin, CRP, IMT	

ALA, alpha-linolenic acid; LA, linoleic acid; sICAM-1, soluble intercellular adhesion molecule-1; sVCAM-1, soluble vascular cell adhesion molecule-1; CRP, C-reactive protein; IL-6, interleukins 6; IL-10, interleukins 6; TNF-α, tumor necrosis factor-α; SAA, serum amyloid A; SBP, systolic blood pressure; DBP, diastolic blood pressure; MAP, mean arterial pressure; IMT, intima–media thickness.

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