



**Fig. S1** The percentage of a particular type of phosphatidylcholine (PC) species containing n-3 and n-6 PUFAs, relative to the total PC mass (taken as 100%) in the liver lipids of mice taking various nanoliposomal complexes. Along the abscissa axis: 1-st group – 2-month-old control mice maintained on a normal diet; 2-d group was fed PC; 3-d group was fed (PC+CEO); 4-th group was fed (PC+SC); 5-th group was fed (PC+CEO+SC); 6-th group was fed (PC+FO+SC); 7-th group was fed (PC+FO+CEO+SC); 8-th group – cjtrol mice aged 5 months, was fed only a standard vivarium diet of dry meals and water throughout the experiment. The data are presented as mean ( $n = 6$ )  $\pm$  SD, and p-values were calculated

using unpaired Mann-Whitney and Kruskal tests. The statistical significance is indicated as follows: a –  $p < 0.05$  – in comparison with the 1<sup>st</sup> group, b –  $p < 0.05$  - in comparison with the 8<sup>th</sup> group; and c –  $p < 0.05$  – the 8<sup>th</sup> group in comparison with the 1<sup>st</sup> group.