Table 3S. *A*ssessment of the health effect of microalgae and their components evaluated by human studies.

Species	Metabolites, extracts or biomass	Health effect	Human clinical study	Ref.
Arthrospira maxima	Phycobiliproteins Biomass	Anti-hyperlipidemia; Reduction postprandial lipemia	Healthy volunteers (Male); Patients with ischemic heart disease; Patients with type 2 diabetes mellitus; Patients with nephritic syndrome; Healthy volunteers; Healthy elderly volunteers; Elderly Women with hypercholesterolemia; Young human runners	202- 212
Chlorella sp.	Carotenoids	Improving the carotenoid status of breast milk at early lactation	Healthy pregnant women	213
Chlorella vulgaris	Biomass	Antioxidant	Smokers	214
Dunaliella salina	β-carotene	Antioxidant	Human subject	215
Dunaliella bardawil	β-carotene	Anti-hyperlipidemia	Men	190
Haematococcus pluvialis	Astaxanthin Extract	Improve metabolic syndrome and cognitive function; Anti cardiovascular diseases; Antioxidant	Healthy adult volunteers; Healthy volunteers at risk of metabolic syndrome; Smokers	216- 218
Nannochloropsis oculata	EPA	Blood EPA level	Healthy males aged 18-45 years	219
Porphyridium sp.	Polysaccharides	Anti-inflammatory	Female volunteers	80
Ulkenia	DHA+EPA	Beneficial omega-3 index	Healthy vegetarians	220