

Table 3. Lipid Profile of Polar Foods Inc.'s HiOmega™ flaxseed oil and typical edible fish oils.

Lipids	Percent By Weight						
	HiOmega™	Cod Liver	Herring	Menhadren	Salmon	Sardine	18/12 TG
Saturated	6.72	22.61	21.29	30.43	19.87	29.89	27.98
10:0	0	nl	nl	nl	nl	nl	nl
12:0	0	nl	0.16	nl	nl	0.10	nl
14:0	0	3.57	7.17	7.96	3.28	6.53	7.42
15:0	0	nl	nl	15.15	nl	nl	nl
16:0	3.97	10.63	11.70	3.78	9.84	16.65	17.05
17:0	0	nl	nl	nl	nl	nl	nl
18:0	2.34	2.80	0.82	nl	4.25	3.89	3.51
20:0	0.31	nl	nl	nl	nl	nl	nl
22:0	0.1	nl	nl	nl	nl	nl	nl
24:0	0	nl	nl	nl	nl	nl	nl
Monounsatur.	10.89	46.71	56.56	26.69	29.04	33.84	21.06
16:1 undiff.	0.025	8.31	9.64	10.48	4.82	7.51	8.46
17:1	0.025	nl	nl	nl	nl	nl	nl
18:1 undiff.	10.74	20.65	11.96	14.53	16.98	14.75	12.60
20:1	0.025	10.42	13.63	1.33	3.86	5.99	0
22:1 undiff.	0.075	7.33	20.61	0.35	3.38	5.59	0
Polyunsatur.	82.27	22.54	15.60	34.20	40.32	31.87	40.91
18:2 undiff.	10.83	0.94	1.15	2.15	1.54	2.01	1.47
18:3 undiff.	71.44	0.94	0.76	1.49	1.06	1.33	1.51
18:4	0	0.94	2.31	2.74	2.80	3.03	3.05
20:4	0	0.94	0.29	1.17	0.68	1.76	2.08
20:5 n-3	0	6.90	6.27	13.17	13.02	10.14	18.55
22:5 n-3	0	0.94	0.62	4.92	2.99	1.97	2.40
22:6 n-3	0	10.97	4.21	8.56	18.23	10.66	11.85
Cholesterol	0	0.57	0.77	0.52	0.49	0.71	nl
Phytosterols	nl	na	na	na	na	na	na

1. HiOmega™ : Average of 5 lots produced by Polar Foods, Inc.

2. Cod liver, herring, menhadren, salmon, sardine: USDA National Nutrient Database for Standard Reference, Release 19 (2006)

3. 18/12 TG: GRN # 138 Notification (2003). Values rounded to 2 decimal places. nl: not listed na: not applicable

000013