Fig. 1

ESSENTIAL FATTY ACID (EFA) METABOLISM

	n-6 series		n-3 series	
18:2n-6	LINOLEIC		ALPHA LINOLENIC	18:3n-3
	↓	Delta-6-desaturation	↓	
18:3n-6	GAMMA-LINOLENIC		STEARIDONIC	18:4n-3
	↓	Elongation	↓	
20:3n-61	DIHOMOGAMMALINOLENIC		EICOSA TETRAENOIC (n-3)	20:4n-3
	↓	Delta-5-desaturation	↓	
20:4n-6	ARACHIDONIC		EICOSAPENTAENOIC	20:5n-3
	↓	Elongation	↓	
22:4n-6	ADRENIC		DOCOSAPENT AENOIC (n-3)	22:5n-3
	↓	Delta-4-desaturation	↓	
22:5n-6	DOCOSAPENTAENOIC (n-6)		DOCOSAHEXAENOIC	22:6n-3