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

SUBSTITUTE SHEET (RULE 26)