TEXT of the ABSTRACT

The invention relates to a method for enriching protists with lipids rich in polyunsaturated fatty acids (PUFA) in particular of the omega 3 (ω3) class, said method comprising the culture of protists in a culture medium comprising a selenium-containing compound as well as the protists enriched with lipids rich in PUFA obtained by this method.

The invention also relates to a method for producing lipids rich in PUFA, comprising, after the enrichment method according to the invention, a method for treating the protists by extraction from the biomass of selenium-containing lipids rich in PUFA.

The invention finally relates to any food, cosmetic or pharmaceutical product comprising either selenium-containing lipids thus extracted, or selenium-containing biomass originating from the enrichment method.