

	Treatment Group	Baseline	End of Treatment
Total FAs (mmol/L)	OO/SO	6.79 ± 2.052	8.85 ± 1.923
	SO	6.81 ± 1.971	8.51 ± 1.453
Total Saturated FAs (mmol/L)	OO/SO	2.43 ± 0.567	3.10 ± 0.734
	SO	2.36 ± 0.567	2.90 ± 0.470
Total MUFAs (mmol/L)	OO/SO	1.81 ± 0.614	2.61 ± 0.668
	SO	1.83 ± 0.683	2.00 ± 0.475
Total PUFAs (mmol/L)	OO/SO	2.55 ± 1.180	3.12 ± 0.788
	SO	2.60 ± 0.974	3.59 ± 0.757
Total n-3 PUFAs (mmol/L)	OO/SO	0.19 ± 0.127	0.20 ± 0.071
	SO	0.22 ± 0.138	0.25 ± 0.094
Total n-6 PUFAs (mmol/L)	OO/SO	2.32 ± 1.084	2.86 ± 0.752
	SO	2.34 ± 0.873	3.31 ± 0.690