

**Supplementary Table S1.** Comparison of baseline nutritional variables in the study groups.

<i>Baseline intake</i>			
<b>Variables</b>	<i>Active placebo group (n=19)</i>	<i>Marine omega-3 group (n=21)</i>	<i>p</i>
<b>Energy (kcal)</b>	2138 (1822–2324)	1928 (1706–3075)	0.976
<b>Protein (g)</b>	85.5 (58.5–124.7)	87 (67.2–109.2)	0.974
<b>Carbohydrates (%)</b>	48.4 (43.9–52.4)	48.9 (41.3–54.1)	0.869
<b>Fat (%)</b>	34.3 (31.5–41)	35.2 (27.7–38.8)	0.692
<b>SFAs (g)</b>	22 (15.9–32.5)	19.4 (15.2–26.6)	0.489
<b>MUFAs (g)</b>	30.6 (21.3–38.1)	23.6 (15.7–29.5)	0.138
<b>PUFAs (g)</b>	15.1 (9.3–21.5)	11.5 (10.1–14.0)	0.291
<b>n-3 PUFAs (g)</b>	1 (0.7–1.6)	1.2 (0.8–1.9)	0.527
<b>n-6 PUFAs (g)</b>	10.9 (6.4–17.4)	11.4 (8.9–17.1)	0.684
<b>n-6:n-3 ratio</b>	9.9 (7.5–13.1)	9 (7.6–13.3)	0.927
<b>20:5n-3 EPA (g)</b>	0.006 (0.002–0.017)	0.004 (0.001–0.022)	0.749
<b>22:6n-3 DHA (g)</b>	0.051 (0.008–0.060)	0.058 (0.004–0.089)	0.988
<b>22:5n-3 DPA (g)</b>	0.016 (0.007–0.022)	0.013 (0.004–0.031)	0.819
<b>18:3n-3 ALA (g)</b>	1.058 (0.716–2.269)	1.230 (0.860–1.66)	0.820
<b>20:4n-6 AA (g)</b>	0.187 (0.075–0.267)	0.210 (0.067–0.321)	0.584
<b>18:2n-6 LA (g)</b>	11.80 (7.468–17.91)	11.73 (9.223–17.310)	0.682

Mann-Whitney U test. Data is represented as median and interquartile range. Values of  $p < 0.05$  were considered statistically significant. Kcal: Kilocalories, g: grams, n-6: n-3 ratio: grams of omega-6 per 1 gram of omega-3, n-3: omega 3, n-6: omega 6, SFAs: Saturated Fatty Acids, MUFAs: Monounsaturated Fatty Acids, PUFAs: polyunsaturated fatty acids, EPA: Eicosapentaenoic acid, DHA: Docosahexaenoic acid, DPA: Docosapentaenoic acid, ALA: Alpha-linolenic acid, AA: Arachidonic acid, LA: Linoleic acid.