

Essential Fatty Acid Pathways

Omega 6

Omega 3

Vegetable oils
Safflower oil
Sesame oil

Linoleic Acid
(LA)

Green leafy vegetables
Flax and chia seeds
Walnut and
soybean oils

α -Linolenic Acid
(ALA)

Delta-6-Desaturase
FADS2

Evening Primrose oil
Borage oil

γ -Linolenic Acid
(GLA)

Stearadonic acid (SDA)

Elongase

dihomo- γ -Linolenic Acid
(DGLA)

Eicosatetraenoic Acid
(ETA)

Delta-5-Desaturase
FADS1

Meat
Poultry
Eggs

Arachidonic Acid
(AA)

Eicosapentaenoic Acid
(EPA)

Oily fish
Algae oil
Krill oil

Elongase

Adrenic Acid
(AdA)

Docosapentaenoic Acid
(DPA)

Elongase & D6D
FADS2

Oily fish
Algae oil
Krill oil

Tetracosapentaenoic Acid

Delta-4-Desaturase

Docosapentaenoic Acid
(DPA6)

Docosahexaenoic Acid
(DHA)

Beta Oxidation

Docosahexaenoic Acid
(DHA)

Pro-Inflammatory

Anti-Inflammatory

Anti-Inflammatory

(Eicosanoids)