

	Cardiolipin		Phosphatidyl Inositol diphosphate		Lauric 12		20:5;5,8,11,14,17w3 EPA cis		Linseed oil
	Ceramides (hydroxy)		Phosphatidyl Serine		Tridecanoic 13		22:5;7,10,13,16,19w3 DPA cis		Macadamia nut oil
	Ceramides (non hydroxy)		Phosphatidyl Threonine		Myristic 14		22:6;4,7,10,13,16,19w3 DHA cis		Olive oil
	Cholesterol		Plasmalogen		Pentadecanoic 15		Trans Fatty Acids		Omega 3 (Fish oil) caps
	Dihydrosphingosine		Sphingomyelin		Palmitic 16		18:1;9w9 Oleic trans		Omega 3 + 6 (Fish oil + EPO) caps
	Galactocerebrosides		Sphingosine		Heptadecanoic 17		Almond oil		Organic butter
	Ganglioside GM1		Squalene		Stearic 18		Apricot kernel oil		Peanut oil
	Ganglioside GM2		Sulfatides		Nonadecanoic 19		Avocado oil		Phospholipid complex
	Ganglioside GM3		Formic 1		Arachidic 20		Blackcurrant Seed oil		Pumpkin oil
	Ganglioside GT1b		Acetic 2		Behenic 22		Borage oil		Rapeseed oil
	Ganglioside GQ1b		Propionic 3		Lignoceric 24		Canola oil		Rice bran oil
	Lanosterol		Butyric 4		16:1;6w6 Petroselinic acid cis		Castor bean oil caps		Safflower oil
	Lysophosphatidyl Choline		Valeric 5		16:1;9w7 Palmitoleic cis		Conjugated Linoleic		Sesame oil
	Palmitoyl CoA		Caproic 6		18:1;9w9 Oleic cis		DHA		Shark liver oil capsules
	Phosphatidic acid		Heptanoic 7		22:1;13w9 Erucic cis		EPO		Soya bean oil
	Phosphatidyl Ethanolamine		Caprylic (octanoic) 8		24:1;15w9 Nervonic cis		Fish oil		Sunflower oil
	Phosphatidyl 4.5.ethanolamine		Nonanoic 9		18:2;9,12w6 Linoleic cis		Grapeseed oil		Walnut oil
	Phosphatidyl Choline		Capric (decanoic) 10		18:3;6,9,12w6 γ -Linolenic cis		Hazelnut oil		Ethane
	Phosphatidyl Glycerol		Undecylenic		18:3;9,12,15w3 α -Linolenic cis		Hemp seed oil		
	Phosphatidyl Inositol		Undecanoic acid 11		20:4;5,8,11,14w6 Arachidonic cis		Krill oil caps		
	Metabolics Ltd fatty acid kit		01380 812799						