

Table S1. Omega-6 to omega-3 ratios according to diet group and sex

	Vegans	Omnivores	p-value
Dietary omega-6 to omega-3 ratio			
Total study population (n=72)	5.9:1 (4.5:1-7.5:1)	5.3:1 (4.5:1-7.3:1)	0.8
Women (n=36)	5.5:1 (4.6:1-8.5) ^a	6.4:1 (5.0:1-7.8:1) ^b	0.5
Men (n=36)	6.0:1 (4.3:1-7.2) ^a	4.8:1 (4.0:1-5.8:1) ^b	0.3
Plasma omega-6 to omega-3 ratio			
Total study population (n=72)	12.1:1 (10.5:1-14.6:1)	6.9:1 (6.0:1-8.3:1)	p<0.0001
Women (n=36)	12.7:1 (10.9:1-15.6:1) ^a	7.2:1 (6.0:1-8.2:1) ^a	p<0.0001
Men (n=36)	11.9:1 (9.8:1-14.4:1) ^a	6.6:1 (5.8:1-8.6:1) ^a	p<0.0001

^a No statistical differences between men and women within diet group (p<0.5); ^b statistical differences between men and women within diet group (p=0.01)