



Agricultural Journals

Czech Journal of

FOOD SCIENCE

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Czech J. Food Sci.

**Staňková B.,
Kremmyda L.S.,**

Fatty acid composition of commercially available nutrition supplements

Czech J. Food Sci., 31 (2013): 241-248

We analysed the fatty acid (FA) composition of plant and fish oil supplements available in the Czech Republic. Total lipid FA composition was analysed by gas chromatography. A total of 62 plant and 50 fish oil supplements were analysed. Their FA composition ranged widely. Linoleic acid was a dominant FA in soya lecithin (45– 60%), evening primrose (65– 75%), amaranth (20– 50%), pumpkin seed (45– 55%), and borage oil supplements (40%). α -Linolenic acid ranged between 2% and 8% in soya lecithin and from 0.2% to 1% in the majority of the other plant oil supplements. Saw palmetto oil supplements were rich in saturated FA (40– 90%). γ -Linolenic acid was found in evening primrose and borage oil

oil composition varied according to the part of the plant used. The majority of fish oil supplements contained 12– 23% of eicosapentaenoic and 7– 17% of docosahexaenoic acids. Oil supplements