



Polyunsaturated Fats

Omega-3 Fatty Acids

Common Name	Trivial Name	Carbons
Hexadecatrienoic acid (HTA)		16:3 (n-3)
Alpha-linolenic acid (ALA)		18:3 (n-3)
Stearidonic acid (SDA)	Moroctic Acid	18:4 (n-3)
Eicosatrienoic acid (ETE)		20:3 (n-3)
Eicosatetraenoic acid (ETA)		20:4 (n-3)
Eicosapentaenoic acid (EPA)	Timnodonic Acid	20:5 (n-3)
Heneicosapentaenoic acid (HPA)		21:5 (n-3)
Docosapentaenoic acid (DPA)	Clupanodonic Acid	22:5 (n-3)
Docosahexaenoic acid (DHA)	Cervonic Acid	22:6 (n-3)
Tetracosahexaenoic acid	Nisinic Acid	24:6 (n-3)

Omega-6 Fatty Acids

Common Name	Trivial Name	Carbons
Linoleic acid		18:2 (n-6)
Gamma-linolenic acid (GLA)		18:3 (n-6)
Eicosadienoic acid		20:2 (n-6)
Dihomo-gamma-linolenic acid (DGLA)		20:3 (n-6)
Arachidonic acid (AA)		20:4 (n-6)
Docosadienoic acid		22:2 (n-6)
Docosatetraenoic acid	Adrenic acid	22:4 (n-6)
Tetracosatetraenoic acid		24:4 (n-6)
Tetracosapentaenoic acid		24:5 (n-6)