Curr Opin Lipidol. 2012 Feb;23(1):30-4. doi: 10.1097/MOL.0b013e32834f0f0c.

Stearidonic acid as a 'pro-eicosapentaenoic acid'.

Harris WS[1].

Author information

1 Sanford School of Medicine, University of South Dakota, Sioux Falls, South Dakota, USA. bharris@hdlabinc.com

Abstract

PURPOSE OF REVIEW: ω-3 Fatty acids continue to be promoted as cardioprotective, generating an increased demand for these nutrients. Ocean-based supplies are limited, and so land-based sources are being sought. Stearidonic acid-fortified soybean oil may help to meet this demand.

RECENT FINDINGS: Stearidonic acid has been shown in animal and human studies to be more effective than its precursor, α-linolenic acid, in enriching membranes with eicosapentaenoic acid. Hence, stearidonic acid can serve as a 'pro-eicosapentaenoic acid'.

SUMMARY: Stearidonic acid-fortified soybean oil may be able to help close the gap between actual and recommended intakes of ω-3 fatty acids in an environmentally friendly manner.

PMID: 22186661 DOI: 10.1097/MOL.0b013e32834f0f0c