

18:3 n-3  
 $\alpha$ -linoleic acid



$\Delta$ 6 desaturase

18:4 n-3  
Stearodonic acid



$\Delta$ 6 elongase

20:4 n-3  
Eicosatetraenoic acid



$\Delta$ 6 desaturase

20:5 n-3  
Eicosapentaenoic acid



$\Delta$ 6 elongase

22:5 n-3  
Docosatetraenoic acid



$\Delta$ 6 desaturase

22:6 n-3  
Docosahexaenoic acid