A  
Palmitoleic acid  
(C16:1 n-7)  
Plasma levels (%)  
0 2 hr 6 hr 24 hr  
*  

B  
Oleic acid  
(C18:1 n-9)  
Plasma levels (%)  
0 2 hr 6 hr 24 hr  
*  

Time after ingestion of saury