

Supplementary Material:

**Table S1.** Fatty acid composition of oil extracts from GLM obtained in fresh and commercial powder.

Class	Free Fatty Acids	Organic Solvent		<i>P-value</i>	
		Fresh	Commercial		
		Mean±SD (mg/g)			
PUFA	ω-3	cis-18:3n-3 (ALA)	4.15±1.71•	8.3±0.07•	0.05
		cis-20:3n-3 (ETE)	0.23±0.006	1.12±0.08	
		cis-20:5n-3 (EPA)	52.03±0.006*	45.36±2.91*	0.03
		cis-22:6n-3 (DHA)	78.46±2.19 °	24.84±6.49 °	0.002
	ω-5	cis-14:1n-5	0.08±0.001	0.04±0.0001	
	ω-6	trans-18:2n-6	4.98±2.57	4.87±0.006	
		cis-18:3n-6 (GLA)	0.3±0.01	0.15±0.002	
		cis-20:2n-6	1.05±0.12	2.28±0.003	
		cis-20:3n-6 (DGLA)	0.4±0.02	0.26±0.0001	
		cis-20:4n-6 (AA)	6.1±2.7	4.42±0.006	
	ω-7	cis-16:1n-7	22.52±50.74	22.73±7.09	
	ω-9	trans-18:1n-9	7.1±6.07	6.44±0.12	
		cis-22:1n-9	0.16±0.004	0.41±0.005	
Monosaturated		cis-20:1n-9	9.39±8.99	4.23±0.004	
		cis-24:1n-9	0.16±0.002	0.1±0.0003	
		06:0	0.003±0	0.003±0	
Saturated		08:0	0.005±0	0.01±0	
		10:0	0.006±0	0.01±0	
		11:0	0.004±0	0.04±0	
		12:0	0.07±0.002	0.14±0.0004	
		13:0	0.25±0.02	0.2±0.003	
		14:0	15.51±35.82	16.12±0.79	
		15:0	2.75±0.97	1.07±0.05	
		16:00	67.4±3.95 √	35.5±55.55 √	0.02
		17:0	3.38±1.14	1.51±0.08	
		18:0	14.26±17.7	8.55±2.26	
		20:0	0.53±0.03	0.12±0.0004	
		21:0	0.04±0.0002	0.01±0	
		22:00	0.35±0.01	0.11±0.0003	
		23:00	0.08±0.0005	0.02±0	
		24:00	0.41±0.01	0.11±0.0003	

P value\* = the difference between the groups' mean is statistically significant based on ANOVA (P< 0.05). Letters and symbols = The difference between samples is statistically significant based on the Tukey test.