

Supplementary material

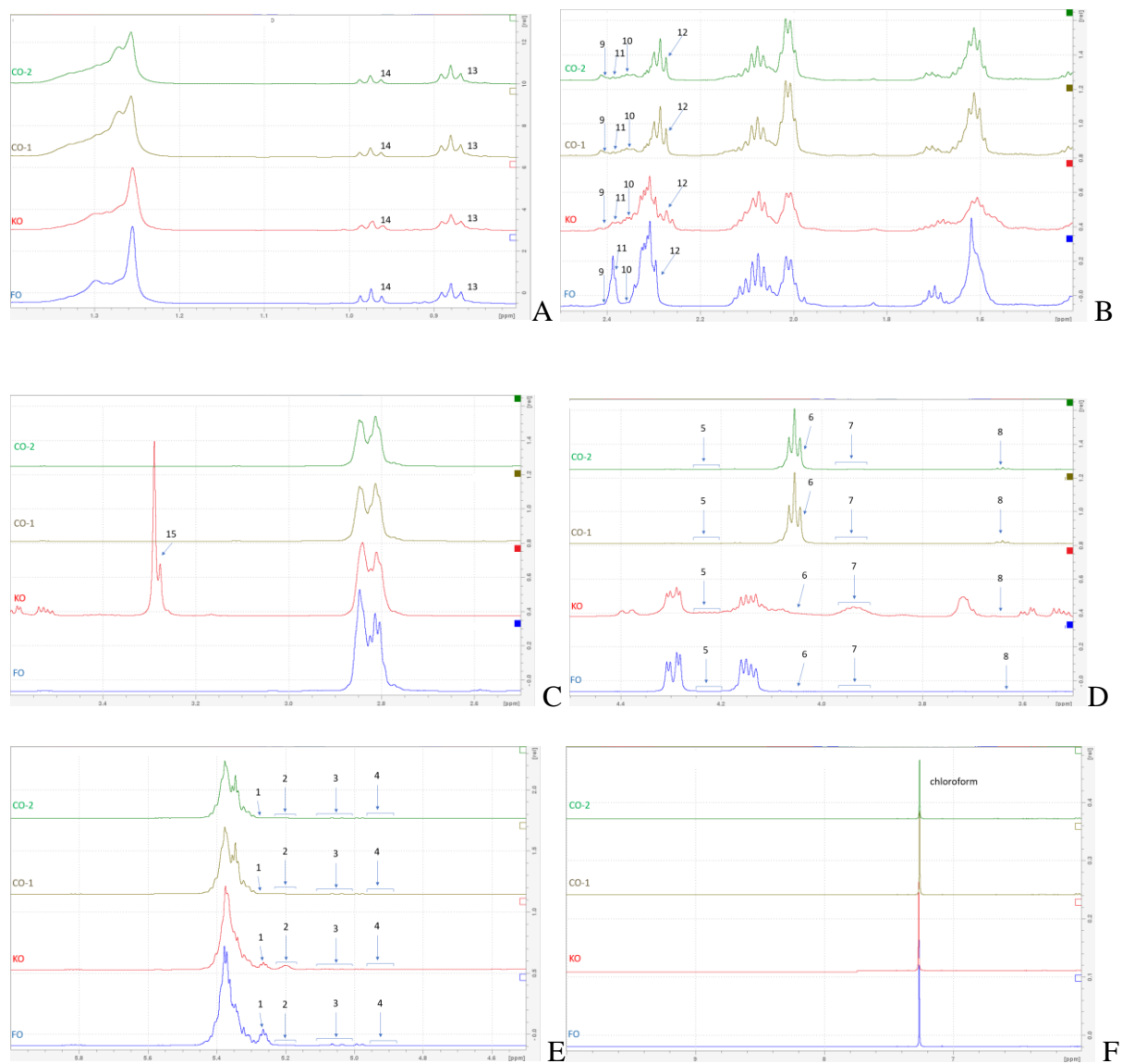


Figure S1. Expansions of specific regions ¹H-NMR spectra recorded in CDCl₃ solvent on fish oil (FO, in blue), krill oil (KO, in red), *Calanus* oils (CO-1 in brown and CO-2 in green) from not-digested supplements, in the regions of: A (0.84-1.40 ppm) terminal CH₃ of all FAs; B (1.40-2.50 ppm) β-methylene groups of DHA and other FA free and bound; C (2.50-3.50 ppm) phosphocholine signal - visible only in the KO spectrum; D (3.50-4.50 ppm) esterified 1° alcohol (4.05 ppm) typical of CO-1 and CO-2 oil; E (4.50-6.00 ppm) MAG, 1,2-DAG, 1,3-DAG and 1,2-DAG-P; F (6.00-10.00 ppm), the downfield region with the chloroform signal.

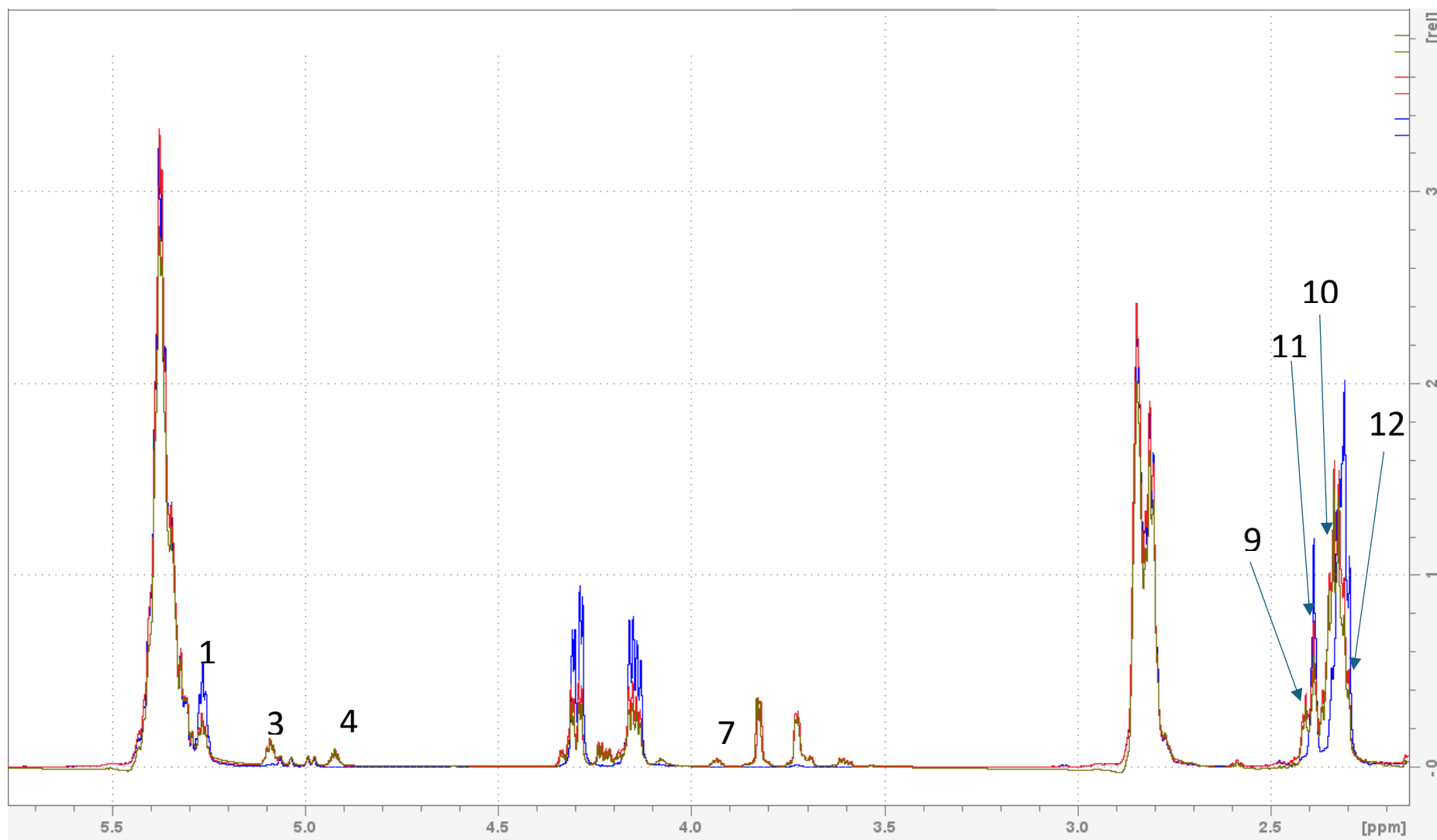


Figure S2. Zoom of the glyceride region (2.20-5.80 ppm) of ¹H-NMR spectra recorded on not-digested FO (blue), and on digestate of encapsulated (red) or non-encapsulated (brown) supplements. Peak assignment is provided in Table 2.

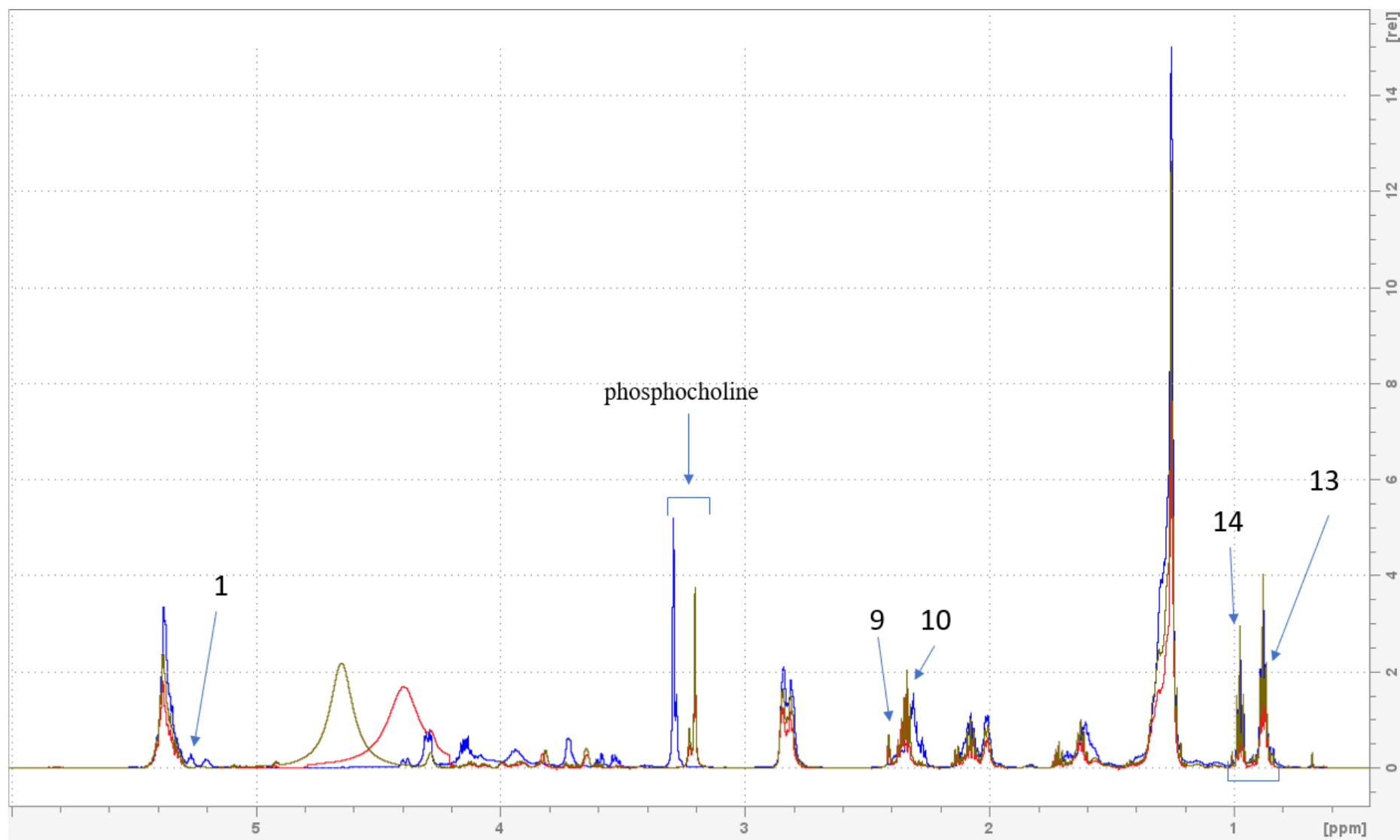


Figure S3. ¹H-NMR spectra recorded on not-digested KO (blue), and on digestate of encapsulated (red) or non-encapsulated (brown) KO supplements. Peak assignment is provided in Table 2.

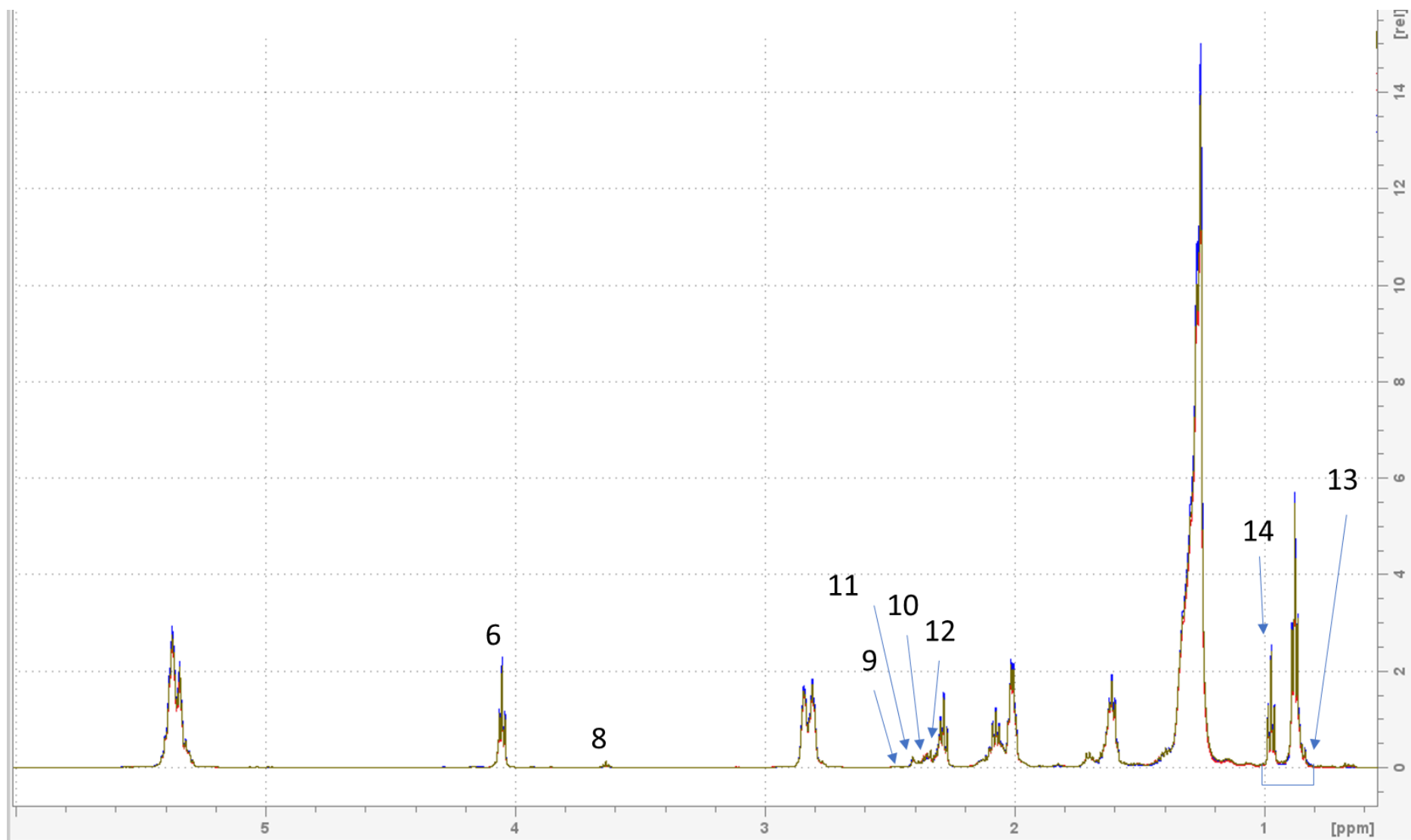


Figure S4. ¹H-NMR spectra recorded on not-digested CO-1 (blue), and on digestate of encapsulated (red) or non-encapsulated (brown) CO-1 supplements. Peak assignment is provided in Table 2.

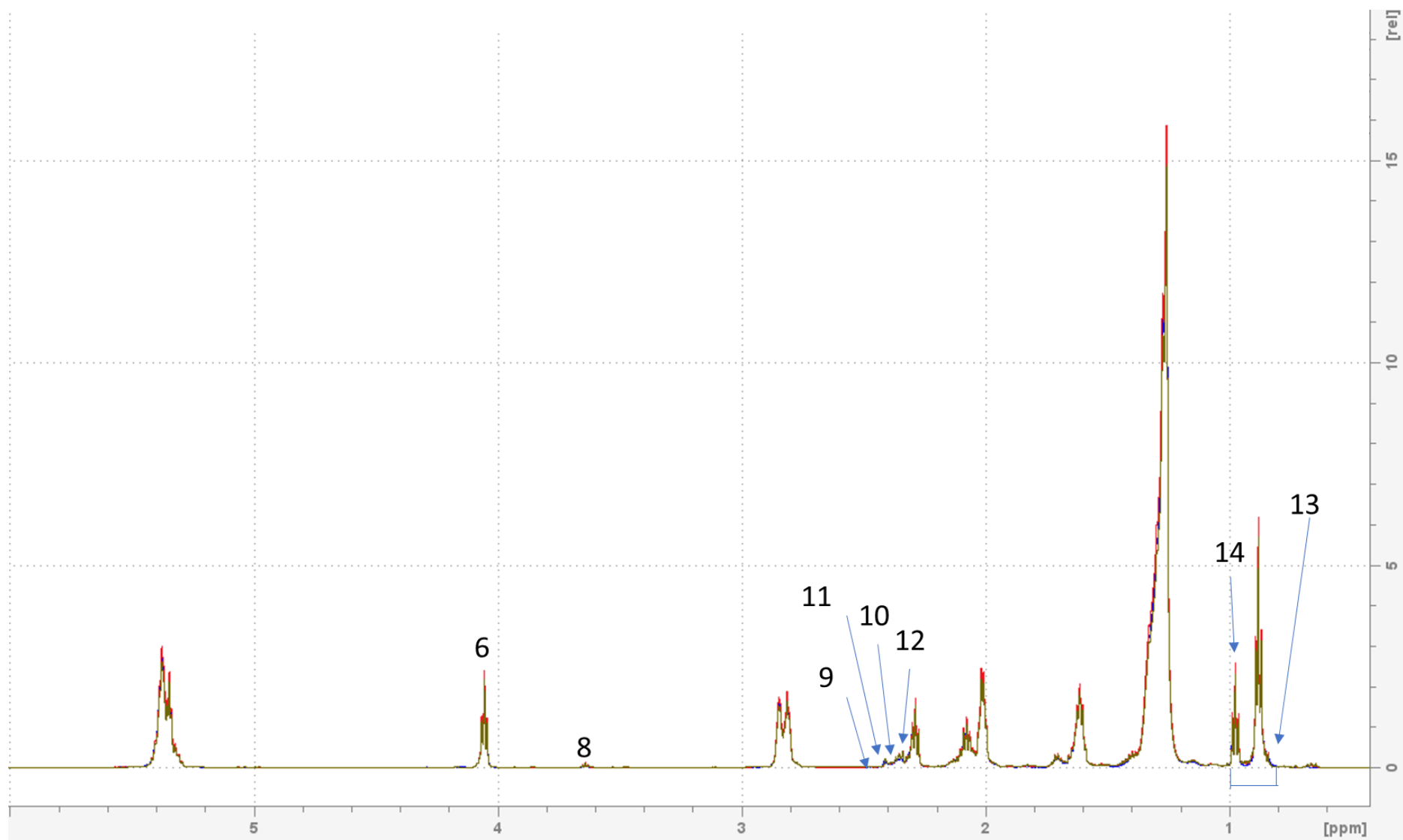


Figure S5. ¹H-NMR spectra recorded on undigested CO-2 (blue), and on digestate of encapsulated (red) or non-encapsulated (brown) CO-2 supplements. Peak assignment is provided in Table 2.