Table S1. Nervonic acid (mg/g fat) concentration in human milk during the first month of lactation.

Lactation (days)	Sample 1	Sample 2	Sample 3	Sample 4	Sample 6	Sample 7	Sample 8	Range	Average	*p* value value
3	0.77 ± 0.02^{a}	1.21 ± 0.02^{a}	1.23 ± 0.19^{a}	0.72 ± 0.02^{a}	1.44 ± 0.02^{a}	0.86 ± 0.06^{a}	0.87 ± 0.06^{a}	0.72-1.44	1.00 ± 0.24^{a}	***
4	0.67 ± 0.01^{b}	1.01 ± 0.04^{b}	1.00 ± 0.04^{b}	0.67 ± 0.01^{b}	1.04 ± 0.00^{b}	0.74 ± 0.05^{b}	0.63 ± 0.02^{b}	0.63-1.04	0.80 ± 0.17^{b}	**
5	0.59 ± 0.01^{c}	0.83 ± 0.01^{c}	0.86 ± 0.02^{c}	0.57 ± 0.01^{c}	0.81 ± 0.09^{c}	0.65 ± 0.00^{c}	0.54 ± 0.03^{c}	0.54-0.87	0.67 ± 0.13^{c}	***
6	0.52 ± 0.03^{cd}	0.74 ± 0.02^{d}	0.73 ± 0.01^{d}	0.53 ± 0.00^{d}	0.59 ± 0.09^{d}	0.58 ± 0.01^{d}	0.48 ± 0.04^{d}	0.44-0.74	0.57 ± 0.10^{d}	***
7	0.47 ± 0.01^{de}	0.62 ± 0.02^{e}	0.66 ± 0.00^{de}	0.51 ± 0.00^{d}	0.47 ± 0.04^{e}	0.51 ± 0.02^{e}	0.41 ± 0.02^{e}	0.37-0.66	0.50 ± 0.09^{e}	***
8	0.44 ± 0.01^{de}	0.57 ± 0.01^{e}	0.56 ± 0.03^{ef}	0.47 ± 0.02^{e}	0.34 ± 0.00^{f}	0.47 ± 0.00^{e}	0.38 ± 0.04^{e}	0.34-0.57	0.45 ± 0.08^{f}	***
9	0.42 ± 0.02^{e}	0.50 ± 0.03^{f}	0.44 ± 0.03^{f}	0.42 ± 0.03^{f}	0.28 ± 0.01^{fg}	0.45 ± 0.03^{e}	0.37 ± 0.03^{e}	0.28-0.50	0.40 ± 0.06^{g}	***
10	0.39 ± 0.02^{e}	0.37 ± 0.01^{g}	0.29 ± 0.03^{g}	0.41 ± 0.02^{f}	0.23 ± 0.00^{gh}	0.44 ± 0.02^{e}	0.28 ± 0.00^{f}	0.23-0.45	0.35 ± 0.07^{h}	***
11-15	0.26 ± 0.04^{f}	0.34 ± 0.02^{g}	0.24 ± 0.01^{g}	0.25 ± 0.03^{g}	0.20 ± 0.01^{ghi}	0.30 ± 0.04^{f}	0.27 ± 0.02^{f}	0.20-0.34	0.27 ± 0.04^{i}	*
16-20	0.25 ± 0.09^{f}	0.23 ± 0.02^{h}	0.21 ± 0.04^{g}	0.23 ± 0.00^{gh}	0.17 ± 0.01^{hi}	0.21 ± 0.01^{g}	0.18 ± 0.01^{g}	0.17-0.27	0.22 ± 0.03^{j}	NS
21-25	0.21 ± 0.05^{f}	0.20 ± 0.02^{h}	0.19 ± 0.02^{g}	0.21 ± 0.03^{hi}	0.13 ± 0.02^{hi}	0.20 ± 0.01^{g}	0.17 ± 0.00^{g}	0.13-0.24	0.20 ± 0.04^{jk}	NS
26-30	0.20 ± 0.04^{f}	0.21 ± 0.06^{h}	0.15 ± 0.03^{g}	0.19 ± 0.03^{i}	0.16 ± 0.01^{i}	0.17 ± 0.02^{g}	0.15 ± 0.01^{g}	0.14-0.22	0.18 ± 0.03^{k}	NS

Different superscript lowercase letters indicate significant differences ($p < 0.05$) with a column. *p* values indicate differences between eight mothers: ***, $p < 0.001$; **, $p<0.01$; *, $p < 0.05$; NS, $p > 0.05$.

Table S2. Total fat content (mg/mL) in human milk during the first month of lactation.

Lactation (days)	Sample 1	Sample 2	Sample 3	Sample 4	Sample 6	Sample 7	Sample 8
3	16.00 ± 1.22	10.65 ± 0.36	17.69 ± 0.19	13.75 ± 0.78	10.00 ± 0.36	14.33 ± 1.00	9.50 ± 0.46
4	20.75 ± 1.63	12.83 ± 1.00	21.50 ± 0.69	17.00 ± 1.11	16.75 ± 1.00	19.00 ± 0.23	11.50 ± 1.23
5	22.50 ± 0.95	17.51 ± 1.45	22.75 ± 0.23	18.25 ± 0.26	18.00 ± 1.56	21.50 ± 1.04	15.00 ± 1.03
6	24.00 ± 1.32	22.64 ± 1.37	23.50 ± 0.39	19.25 ± 0.39	22.75 ±1.23	23.00 ± 0.99	19.25 ± 1.45
7	24.50 ± 0.65	23.05 ± 0.33	24.75 ± 0.57	20.50 ± 1.03	23.00 ± 0.56	27.00 ± 2.11	21.50 ± 0.46
8	26.00 ± 1.11	24.49 ± 0.16	26.50 ± 1.00	21.50 ± 0.26	24.00 ± 1.11	28.50 ± 0.65	22.50 ± 0.66
9	27.00 ± 0.22	26.52 ± 0.32	28.75 ±1.26	24.00 ± 1.33	25.00 ± 0.26	30.00 ± 1.06	24.25 ± 0.33
10	28.00 ± 0.36	27.41 ± 0.13	30.25 ± 1.49	25.25 ± 0.59	26.75 ± 1.03	30.67 ± 0.22	28.00 ± 1.26
11-15	30.68 ± 1.01	28.48 ± 0.19	32.05 ± 1.28	27.50 ± 1.22	28.40 ± 0.96	34.63 ± 1.11	32.87 ± 1.59
16-20	35.50 ± 1.36	32.32 ± 1.22	35.90 ± 2.16	33.80 ± 1.56	34.65 ± 2.36	42.95 ± 2.26	37.68 ± 2.05
21-25	39.44 ± 2.03	37.84 ± 2.03	38.35 ± 1.69	37.98 ± 1.04	37.56 ± 1.33	45.35 ± 1.26	39.86 ± 1.11
26-30	40.65 ± 2.33	39.66 ± 1.03	40.19 ± 1.22	39.89 ± 2.10	40.33 ± 2.04	49.57 ± 1.11	40.26 ± 0.22

Table S3. Total fatty acid composition (%, wt) in human milk during the lactation days.

Fatty acids	3 d (n = 9)	4 d (n = 9)	5 d (n = 9)	6 d (n = 9)	7 d (n = 9)	8 d (n = 10)	9 d (n = 7)	10 d (n = 9)	11-15 d (n = 43)	16-20 d (n = 41)	21-25 d (n = 45)	26-30 d (n = 40)
10:0	0.56 ± 0.26	0.69 ± 0.25	0.88 ± 0.23	1.08 ± 0.24	1.16 ± 0.22	1.10 ± 0.28	1.36 ± 0.25	1.30 ± 0.25	1.22 ± 0.17	1.17 ± 0.21	1.06 ± 0.22	1.03 ± 0.23
12:0	3.07 ± 1.14	3.92 ± 1.14	4.80 ± 1.24	5.79 ± 1.05	5.89 ± 1.15	5.78 ± 1.35	5.99 ± 1.51	5.74 ± 1.23	5.20 ± 1.24	4.94 ± 1.00	4.29 ± 1.13	4.17 ± 1.02
13:0	0.05 ± 0.02	0.05 ± 0.02	0.04 ± 0.02	0.05 ± 0.02	0.04 ± 0.02	0.05 ± 0.03	0.04 ± 0.00	0.05 ± 0.02	0.05 ± 0.02	0.06 ± 0.03	0.08 ± 0.02	0.04 ± 0.01
14:0	4.08 ± 1.37	4.72 ± 1.20	5.44 ± 1.65	6.20 ± 1.36	6.13 ± 1.70	5.98 ± 1.74	5.53 ± 1.36	5.27 ± 1.12	5.62 ± 0.90	4.53 ± 0.76	4.03 ± 0.11	4.21 ± 0.22
15:0	0.13 ± 0.02	0.13 ± 0.03	0.13 ± 0.04	0.14 ± 0.04	0.14 ± 0.03	0.14 ± 0.02	0.11 ± 0.02	0.12 ± 0.02	0.19 ± 0.12	0.13 ± 0.02	0.13 ± 0.03	0.14 ± 0.03
16:0	21.27 ± 1.36	20.39 ± 1.81	20.23 ± 1.35	19.90 ± 1.71	19.81 ± 1.12	20.26 ± 1.33	20.23 ± 2.02	20.02 ± 1.19	19.71 ± 1.68	21.18 ± 1.64	20.74 ± 2.19	20.64 ± 1.72
17:0	0.25 ± 0.03	0.26 ± 0.03	0.26 ± 0.03	0.26 ± 0.03	0.25 ± 0.05	0.26 ± 0.04	0.22 ± 0.03	0.25 ± 0.03	0.24 ± 0.03	0.25 ± .03	0.25 ± 0.04	0.25 ± 0.05
18:0	5.14 ± 0.96	4.98 ± 0.96	5.30 ± 1.13	5.16 ± 1.25	5.07 ± 1.16	5.40 ± 1.19	5.23 ± 1.41	5.27 ± 1.13	5.38 ± 0.98	5.39 ± 1.04	5.65 ± 0.92	5.21 ± 1.42
20:0	0.15 ± 0.08	0.17 ± 0.11	0.15 ± 0.12	0.19 ± 0.10	0.16 ± 0.10	0.17 ± 0.11	0.19 ± 0.11	0.21 ± 0.10	0.20 ± 0.13	0.21 ± 0.12	0.18 ± 0.11	0.27 ± 0.13
22:0	0.03 ± 0.01	0.03 ± 0.01	0.04 ± 0.02	0.04 ± 0.02	0.03 ± 0.01	0.08 ± 0.04	0.03 ± 0.01	0.04 ± 0.02	0.04 ± 0.02	0.04 ± .02	0.04 ± 0.02	0.05 ± 0.03
24:0	0.39 ± 0.19	0.34 ± 0.10	0.26 ± 0.07	0.23 ± 0.06	0.21 ± 0.05	0.21 ± 0.04	0.17 ± 0.04	0.17 ± 0.03	0.16 ± 0.03	0.15 ± 0.03	0.15 ± 0.03	0.14 ± 0.02
14:1 n-5	0.05 ± 0.01	0.04 ± 0.02	0.05 ± 0.02	0.14 ± 0.23	0.06 ± 0.02	0.06 ± 0.01	0.05 ± 0.02	0.05 ± 0.02	0.07 ± 0.02	0.06 ± 0.03	0.06 ± 0.02	0.06 ± 0.01
16:1 n-7	1.96 ± 0.57	1.98 ± 0.60	1.95 ± 0.61	1.96 ± 0.66	2.06 ± 0.53	2.16 ± 0.53	2.07 ± 0.47	2.02 ± 0.49	2.04 ± 0.36	2.17 ± 0.37	2.24 ± 0.34	2.47 ± 0.34
18:1 n-9	33.86 ± 2.59	32.55 ± 1.70	31.55 ± 2.11	30.23 ± 2.24	31.04 ± 1.50	30.71 ± 2.02	31.04 ± 1.93	30.99 ± 1.55	32.10 ± 2.13	31.75 ± 1.99	33.23 ± 2.68	32.66 ± 2.60
20:1 n-9	0.17 ± 0.01	0.16 ± 0.04	0.14 ± 0.04	0.13 ± 0.04	0.12 ± 0.03	0.12 ± 0.03	0.10 ± 0.02	0.09 ± 0.03	0.09 ± 0.03	0.08 ± 0.04	0.06 ± 0.04	0.06 ± 0.05
22:1 n-9	0.19 ± 0.06	0.18 ± 0.06	0.17 ± 0.04	0.17 ± 0.06	0.16 ± 0.06	0.16 ± 0.03	0.13 ± 0.05	0.13 ± 0.05	0.13 ± 0.05	0.13 ± 0.0	0.12 ± 0.05	0.11 ± 0.04
24:1 n-9	0.21 ± 0.07	0.21 ± 0.05	0.20 ± 0.04	0.18 ± 0.02	0.17 ± 0.03	0.16 ± 0.03	0.14 ± 0.04	0.13 ± 0.02	0.12 ± 0.02	0.10 ± 0.02	0.06 ± 0.01	0.04 ± 0.01
18:2 n-6	22.02 ± 1.78	22.45 ± 2.22	22.75 ± 2.75	22.98 ± 2.11	23.13 ± 2.03	23.16 ± 2.47	23.24 ± 2.74	23.25 ± 2.97	23.50 ± 2.31	23.55 ± 3.53	23.87 ± 3.71	23.99 ± 2.91
18:3 n-6	0.68 ± 0.19	0.65 ± 0.15	0.56 ± 0.08	0.52 ± 0.06	0.51 ± 0.06	0.53 ± 0.07	0.46 ± 0.07	0.46 ± 0.06	0.48 ± 0.05	0.50 ± 0.05	0.51 ± 0.07	0.53 ± 0.08
20:2 n-6	1.03 ± 0.31	0.97 ± 0.13	0.85 ± 0.08	0.78 ± 0.10	0.75 ± 0.09	0.72 ± 0.08	0.67 ± 0.09	0.64 ± 0.06	0.64 ± 0.09	0.60 ± 0.07	0.56 ± 0.08	0.55 ± 0.07
20:4 n-6	0.92 ± 0.13	0.89 ± 0.11	0.80 ± 0.14	0.78 ± 0.14	0.76 ± 0.11	0.75 ± 0.12	0.72 ± 0.10	0.70 ± 0.08	0.68 ± 0.10	0.65 ± 0.10	0.60 ± 0.07	0.62 ± 0.07

18:3 n-3	1.41 ± 0.37	1.45 ± 0.34	1.46 ± 0.32	1.60 ± 0.37	1.62 ± 0.21	1.66 ± 0.26	1.73 ± 0.33	1.80 ± 0.37	1.86 ± 0.26	1.89 ± 0.27	1.94 ± 0.34	1.99 ± 0.31
20:3 n-3	0.62 ± 0.16	0.64 ± 0.16	0.62 ± 0.20	0.61 ± 0.15	0.63 ± 0.19	0.59 ± 0.17	0.56 ± 0.16	0.60 ± 0.21	0.58 ± 0.19	0.57 ± 0.19	0.49 ± 0.13	0.47 ± 0.13
20:5 n-3	0.11 ± 0.02	0.10 ± 0.02	0.09 ± 0.02	0.08 ± 0.02	0.09 ± 0.01	0.08 ± 0.02	0.07 ± 0.01	0.14 ± 0.06	0.07 ± 0.01	0.07 ± 0.02	0.08 ± 0.02	0.08 ± 0.02
22:6 n-3	0.72 ± 0.30	0.71 ± 0.19	0.66 ± 0.12	0.64 ± 0.14	0.62 ± 0.16	0.61 ± 0.15	0.60 ± 0.18	0.60 ± 0.18	0.57 ± 0.16	0.56 ± 0.11	0.50 ± 0.18	0.42 ± 0.23
SFAs	35.11 ± 5.45	35.69 ± 5.66	37.52 ± 5.90	39.03 ± 5.88	38.90 ± 5.62	39.42 ± 6.27	39.10 ± 6.90	38.44 ± 5.13	38.51 ± 3.16	38.04 ± 1.28	36.60 ± 2.13	37.44 ± 1.58
MUFAs	36.34 ± 3.40	35.04 ± 2.47	33.96 ± 2.86	32.74 ± 3.25	33.55 ± 2.17	33.31 ± 2.65	33.50 ± 2.53	33.40 ± 2.15	34.54 ± 2.59	34.31 ± 3.22	35.85 ± 1.44	34.52 ± 2.13
PUFAs	28.66 ± 4.30	29.28 ± 4.80	28.52 ± 4.54	28.18 ± 3.50	27.56 ± 3.54	27.31 ± 3.24	27.44 ± 2.97	28.18 ± 3.41	26.56 ± 1.57	27.58 ± 2.55	27.52 ± 1.49	28.16 ± 2.14
LA/ALA	16.53 ± 8.10	16.51 ± 9.94	16.16 ± 9.04	14.46 ± 6.67	16.07 ± 3.25	15.37 ± 8.39	16.07 ± 6.45	15.69 ± 6.20	15.09 ± 2.45	15.48 ± 1.53	15.11 ± 2.53	16.15 ± 1.59
n-6/n-3	9.32 ± 5.28	9.09 ± 5.81	9.31 ± 5.37	8.54 ± 3.86	8.89 ± 5.73	8.58 ± 3.30	9.44 ± 3.90	8.90 ± 2.79	8.72 ± 3.02	9.18 ± 2.16	9.57 ± 1.49	10.34 ± 2.13