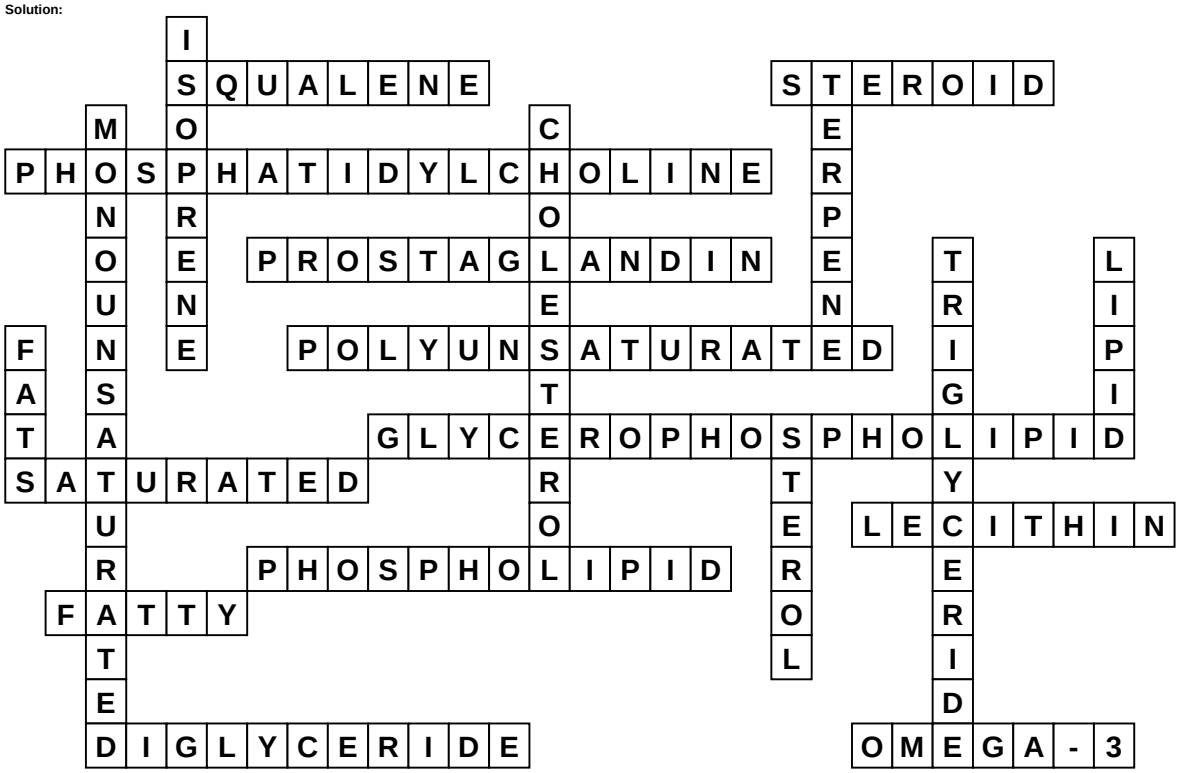
Solution:


I
SQUALENE
STEROID
MO C E
PHOSPHATIDYLCHOLINE R
NR O P
OE PROSTAGLANDIN E TL
UN E N RI
FUNE POLYUNSATURATED IP
AS T GI
TA GLYCEROPHOSPHOLIPID LIPID
SATURATED R T Y
U O E LECITHIN
R PHOSPHOLIPID R E
FATTY O R
T L I
E D
DIGLYCERIDE OMEGA-3