

INFLAMMATION

Measure Your Omega-3 to -6 Levels Inflammation Score

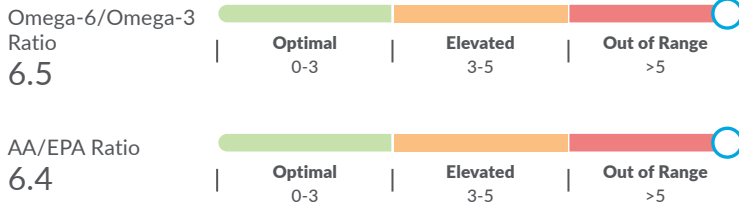


Getting
Better
Together™

Patient: Jane Doe
DOB: 03-29-1959
Height: 5' 3"
Weight: 183 lbs

Practitioner: Joey Labs
Lab #: 346790
Collection Date: 11-14-2022
Received: 11-16-2022

Inflammation Markers



Summary

This test evaluates levels of Inflammatory and non-inflammatory fats. The higher the ratios, the more inflammation may exist in the body. Inflammation creates stress on the body and can show up as joint pain, brain fog, low energy, poor mood, puffiness, water retention, hair loss, low sex drive, stiffness, or skin rashes. Arachidonic acid (AA) is the most inflammatory component of Omega-6 and EPA is the most anti-inflammatory component of Omega-3. The level of Omega-6 is higher than the ideal compared to Omega-3. Aim for lowering your score to below a 5:1 ratio and ideally a 3:1 for optimal health and decreased symptoms. The ratio of inflammatory arachidonic acid is high compared to anti-inflammatory EPA. Reducing Omega-6 intake and increasing EPA through certain fish and specific supplementation can support a healthy balance.

Next Steps & Recommendations

EquiLife's Daily Omega-3 Support Softgels

- Daily Omega-3 Support Softgels provide 2.5 g of sustainably sourced and superior triglyceride formulated fish oil for enhanced absorption. With Omega-3 Support, modulating inflammation, supporting a healthy heart and brain is not only good for you but also good for the planet. [View Product](#)

EquiLife's Omega-3 Support Liquid

- Omega-3 Support Liquid provides a formula of high-quality fish oil. Sustainably sourced from wild fish and naturally flavored with mango, Omega-3 Support is a great way to add the cardiovascular and inflammation-modulating benefits of fish oil to your diet. [View Product](#)

Summary

Optimizing your ratio of Omega-6 to Omega-3 is one of the most important things you can do for your health when the ratio is unbalanced. Optimal balance can be achieved through consumption of wild fish 4-5 times per week or supplementing with Omega-3. Your results suggest that you should begin with 1 serving of EquiLife's Daily Omega-3 Support Softgels or 1 teaspoon of Omega-3 Support Liquid with lunch or dinner. If you are having wild fish for lunch or dinner, simply omit your Omega-3 supplementation for that meal. It is important to recheck your levels in 3-6 months to ensure you are rebalancing the body.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.