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BARE BIOLOGY

daily flourishing

OMEGA 3 TEST

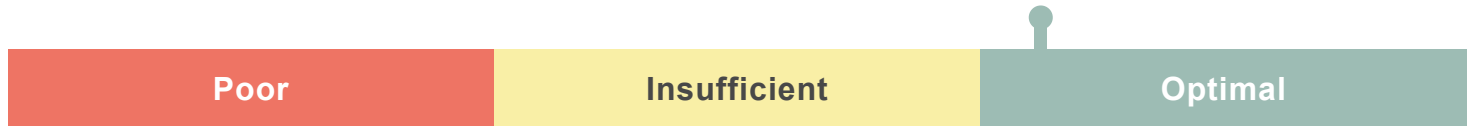
HELLO, MELANIE,

Congratulations on taking this important step to improving your health!

Information is power after all. Understanding your current nutritional status allows you to direct your focus in order to achieve optimal results and a better health outcome.

RESULTS AT-A-GLANCE

Let's take a look at your current omega-3 Index score.



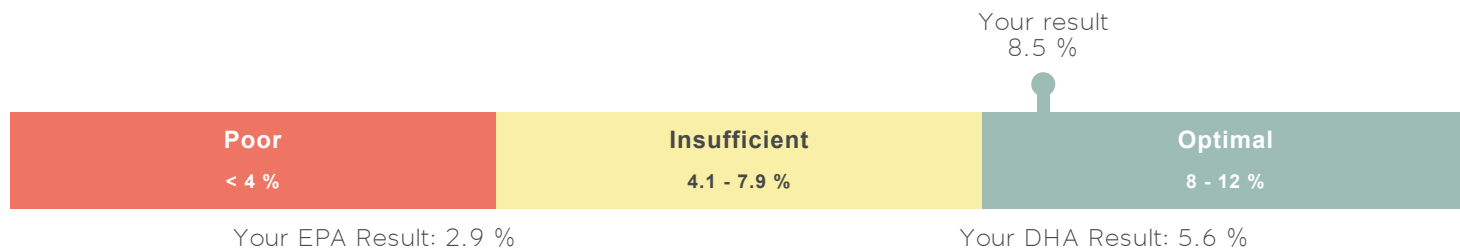
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deficiency awareness

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YOUR RESULTS

OMEGA-3 INDEX



The omega-3 index is a test that measures and averages the amount of the EPA and DHA compared to the other fatty acids including saturated fatty acids in your red blood cells.

YOUR RECOMMENDATIONS

Your omega-3 index score is **optimal**. Keep up the good work! We recommend retesting after 12 months to check you are still on track as if your levels do change, this isn't something you're likely to notice right away. To maintain your omega-3 levels:-

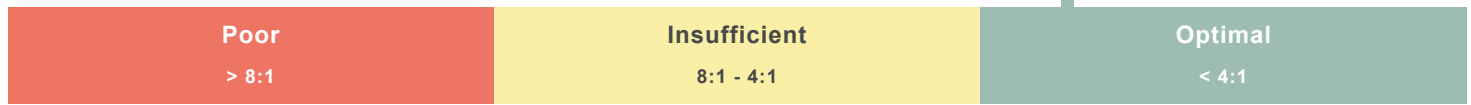
- Make sure you don't over supplement now your levels are optimal. Take a supplement maintenance dose of between 500-1,000 mg of EPA & DHA unless advised by a health professional.
- Maintain dietary intake of omega-3 (i.e. mackerel, salmon, sardines, seabass, flaxseeds, linseeds, chia seeds, kale, kidney beans).
- Reduce saturated and trans fatty acids where possible to add other health benefits (i.e. processed foods, chocolate, toffee, cakes, puddings, biscuits, pastries, margarine, oils and fried foods).
- Ensure you are getting plenty of antioxidants in through diet and supplementation.

You do still have some work to do to improve your AA:EPA ratio, which carries an increased risk of inflammation. The most effective way to correct this is to reduce your omega-6 intake (i.e. processed foods, chocolate, toffee, cakes, puddings, biscuits, pastries, margarine, oils and fried foods).

ADDITIONAL RESULTS

OMEGA 6 : 3 RATIO

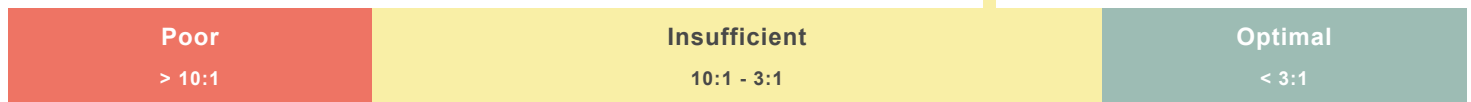
Your result
3.3 : 1



Your omega 6:3 ratio compares your omega-6 to your omega-3 fatty acids. This test is used to measure the amount of inflammation caused by your omega-6 fatty acids vs the anti-inflammation of the omega-3 fatty acids. Omega-6 fatty acids are also important, therefore maintaining a healthy amount of each is important.

AA : EPA Ratio

Your result
3.9 : 1



This is a comparison between your levels of arachidonic acid (AA), an omega-6 fatty acid and eicosapentaenoic (EPA), an omega-3 fatty acid. These are two fatty acids play a key role in the bodies metabolic processes, including inflammation. Whilst both are essential fatty acids, having too high an AA:EPA ratio increases the amount of inflammation and therefore effects your overall health.

Fatty Acid Profile

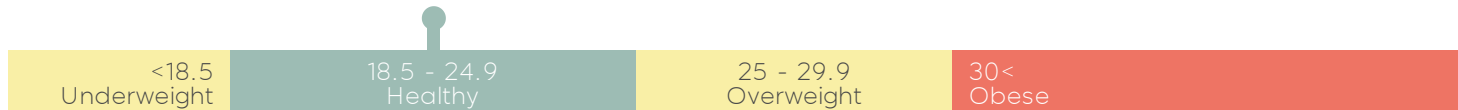
Type		Fatty Acid		Whole Blood (%)
Saturated Fatty Acids		Palmitic Acid		26.6 %
		Stearic Acid		11.2 %
Unsaturated Fatty Acids	Polyunsaturated Fats (PUFAs)	Omega-3	Alpha-linolenic acid (ALA)	0.1 %
			Eicosapentaenoic acid (EPA)	2.5 %
			Docosahexaenoic acid (DHA)	4.8 %
			Docosapentaenoic acid (DPA)	1.7 %
		Omega-6	Linoleic acid (LA)	18.4 %
			Arachidonic acid (AA)	9.6 %
			Gamma-linolenic acid (GLA)	0.3 %
			Dihomo-gamma-linolenic acid (DGLA)	1.3 %
	Monounsaturated fats (MUFAs)	Omega-9	Oleic Acid	23.4 %
Trans-fatty acids		Elaidic Acid (trans-oleic acid)		0.2 %

This is your fatty acid profile, it is from these values that your omega index and ratios are calculated. Although there are no defined references ranges for the individual fatty acids for general populations, the raw results have been included for information, as well as for your health professional, who may be able to extract further insights specifically for you.

OTHER FACTORS

BMI

Your BMI: 21.72



Body Mass Index (BMI) is a useful test which uses your height and weight to work out if you're a healthy weight, or whether you should increase or lose weight. A healthy BMI is between 18.5 and 25 but does not take into account age, sex, pregnancy, fat content or muscular build.

Age

Your age



As you age, the ability of your gut to absorb nutrients naturally declines putting you at greater risk of nutritional low levels.

Current Supplements

1. Vitamin d vitamin c omega-3 collagen

Your Known Medical Conditions

1. IBS

There are a wide range of diseases that can affect nutrient absorption. Please contact your doctor or health professional for advice.

Other Factors

1. Female
2. Oily Fish intake:
Once per week

Smoking

Smoking is also a source of oxidative stress and therefore lower the amount of omega-3 and protective antioxidants.

Alcohol

Alcohol can inhibit fat absorption and is a source of oxidative stress, reducing the amount of omega-3 you absorb and lowers the amount you have. However, drinking in moderation as part of a healthy diet and lifestyle can limit the effect it will have on your omega-3 levels.

Your Rating



RECOMMENDED DOSAGES

Who	Dosage Guidelines
General note	The most effective ways to have omega-3 is by supplementing with EPA/DHA or eating oily fish. As a guide if you eat one portion of oily fish (trout, salmon, sardines, mackerel) per week, this is equivalent to around 250 mg of EPA/DHA per day.
Min	250-500 mg of EPA/DHA per day. ⁽²⁰¹⁸⁾
Max	5,000 mg of EPA/DHA per day. ⁽²⁰¹⁸⁾
If your omega-3 index score is poor i.e. $\leq 4\%$	At least 2,000 mg of EPA/DHA daily for three months and retest. ⁽²⁰³⁵⁾
If your omega-3 index score is insufficient i.e. between 4.1-7.9%	At least 1,000 mg of EPA/DHA daily for three months and retest. ⁽²⁰³⁵⁾
Maintenance dose if your omega-3 index score is optimal i.e. $\geq 8\%$	500-1,000 mg of EPA/DHA daily.
Pregnant, looking to get pregnant soon or breastfeeding	Take a purified EPA/DHA supplement per day which contains at least 500 mg DHA.

Age, BMI, sex, smoking, alcohol intake, dietary requirements, medical conditions and medications may affect your levels and how much is required to maintain optimum levels. Please contact your nutritionist for further advice.

