OMEGA QUANT®
...because knowing matters

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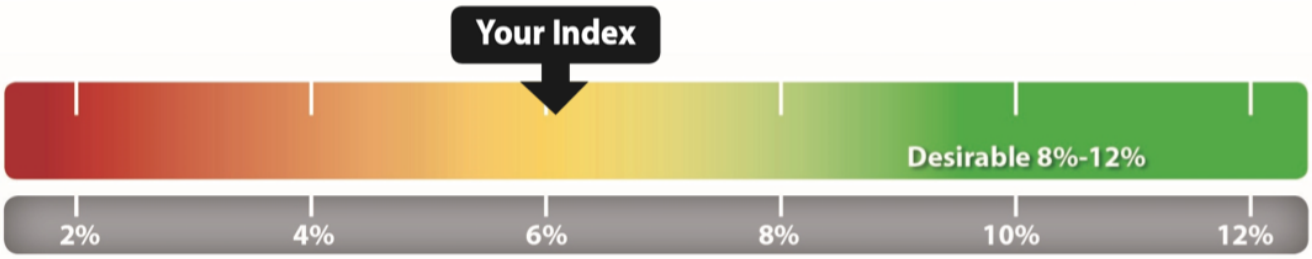
OMEGA-3 INDEX REPORT

NAME: John Doe
DOB: 01/01/1950
ID: JDoe

COLLECTION DATE: 04/10/2018
RESULT DATE: 04/11/2018
PROVIDER:
ACCOUNT: Complimentary

Your Index 6.10%

Reference Range*: 2.90% - 12.90%



* Reference Ranges encompass about 99% of US adults. Visit our FAQ section for more information on ranges.

An Omega-3 Index in the range of 8-12% is one indicator of better overall health. As a part of an overall healthy lifestyle, an Omega-3 Index in the 8-12% range may help to maintain heart, brain, eye and joint health. The best way to increase your Omega-3 Index is to eat more omega-3 fatty acids, specifically EPA and DHA. These are found primarily in fish, especially "oily" fish such as those near the top in the accompanying table. They can also be obtained from dietary supplements (fish, krill, cod liver and algal oils).

The 2015-2020 Dietary Guidelines for Americans states, "For the general population, consumption of about 8 ounces per week of a variety of seafood, which provide an average consumption of 250* mg per day of EPA and DHA, is associated with reduced cardiac deaths among individuals with and without pre-existing cardiovascular disease."

The advice from the American Academy of Nutrition and Dietetics is, "Based on recent literature, increasing consumption of polyunsaturated fatty acids with a particular focus on increasing omega-3 intake (i.e., striving to consume two or more servings of fatty fish per week to provide at least 500* mg EPA and DHA per day..) is desirable."

The FDA has determined that the consumption of up to 3000 mg/day of EPA and DHA is generally recognized as safe.

The amount of EPA+DHA you would need to eat in order to raise your Omega-3 Index into the desirable range cannot be predicted with certainty. Many factors – your age, sex, weight, diet, genetics, smoking habits, medications you may be taking, and other medical conditions – can all influence your body's response to EPA+DHA. However, research has shown that on average for most Americans, weekly consumption of 3 servings of non-fried fish plus taking a supplement should raise the Omega-3 Index into the desirable range.

It should be noted that, because they have a different chemical structure than EPA and DHA, the omega-3 fatty acid found in flax or chia seeds (alpha-linolenic acid, ALA) are distinct from EPA and DHA. We do not recommend any increase to ALA intake for the purpose of increasing Omega-3 Index.

After you increase your intake of EPA+DHA, your Omega-3 Index will begin to slowly go up within a few days, but will continue to change for 3-4 months. To know how your own body responds to an increased intake of EPA+DHA, we recommend that you re-measure your Omega-3 Index in 3-4 months. Once you reach the healthy range for Omega-3 Index, we recommend that you re-test every 6 months to make sure it is staying there.

*The difference between 250 and 500 mg/day recommendations is that the former would be provided by "8 oz of a variety of seafood" whereas the latter would be provided by the same number of servings of "fatty fish". Fatty fish contains about twice the amount of EPA and DHA as does seafood in general.

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FULL FATTY ACID PROFILE REPORT

NAME: John Doe
DOB: 01/01/1950
ID: JDoe

COLLECTION DATE: 04/10/2018
RESULT DATE: 04/11/2018
PROVIDER:
ACCOUNT: Complimentary

Dried Blood Spot Fatty Acid Profile

Fatty Acid Group	Total	Percentile Rank	Reference Range*
Omega-3 Fatty Acids	**5.62%**	**48th**	**2.92-13.29%**
Omega 3 Index	6.10%	55th	2.90-12.90%
Alpha-Linolenic (18:3n3)	0.43%		
Eicosapentaenoic (EPA, 20:5n3)	0.85%		
Docosapentaenoic-n3 (22:5n3)	0.99%		
Docosahexaenoic (DHA, 22:6n3)	3.35%		
Omega-6 Fatty Acids	**35.41%**	**24th**	**26.35-45.15%**
Linoleic (18:2n6)	22.00%		
Gamma-Linolenic (18:3n6)	0.44%		
Eicosadienoic (20:2n6)	0.19%		
Dihomo-y-linolenic (20:3n6)	1.36%		
Arachidonic (AA, 20:4n6)	10.34%		
Docosatetraenoic (22:4n6)	0.81%		
Docosapentaenoic-n6 (22:5n6)	0.27%		
cis-Monounsaturated Fatty Acids	**23.55%**	**78th**	**15.65-32.26%**
Palmitoleic (16:1n7)	1.62%		
Oleic (18:1n9)	20.85%		
Eicosenoic (20:1n9)	0.16%		
Nervonic (24:1n9)	0.92%		
Saturated Fatty Acids	**35.00%**	**83rd**	**29.52-37.74%**
Myristic (14:0)	1.13%		
Palmitic (16:0)	22.88%		
Stearic (18:0)	9.48%		
Arachidic (20:0)	0.15%		
Behenic (22:0)	0.57%		
Lignoceric (24:0)	0.79%		
Trans Fatty Acids	**0.45%**	**2nd**	**0.35-2.69%**
Trans Palmitoleic (16:1n7t)	0.09%		
Trans Oleic (18:1t)	0.24%		
Trans Linoleic (18:2n6t)	0.12%		
Trans Fat Index	0.36%	2nd	0.30-2.42%
Ratios			
AA:EPA	12.2:1	53rd	1.4 – 52.6
Omega-6:Omega-3	6.3:1	46th	2.3 – 14.5