



Age	Omega-3 Index-vs-Age	Age	Ratio Omega-6/3 (AA/EPA) -vs-Age
0-24	2.60	0-24	34.48
25-49	3.00	25-49	26.44
50-64	3.24	50-64	20.75
65+	3.36	65+	18.91

Data from a UK private testing laboratory, based on 2,000 samples in 2013

This sample is not from "worried well" - tests were requested by a health professional

Omega-3 Index is the % of (EPA+DHA) compared to total Fatty Acids

Omega-3 Index >8% is recommended for reduced risk of Coronary Heart Disease

Ratio Omega6/3 nearer to 1:1 is recommended for lower Inflammation