

Test nr.

Patient Name

Patient nr.

Age

Collected

Tested

Sex

Received

DOB

Doctor Name

Practitioner Address



0241 Bloodspot Fatty Acid Profile

Summary of abnormal results:

	<u>Findings</u>	<u>Intervention Options</u>	<u>Metabolic Association</u>
Polyunsaturated Omega 3			
Alpha Linolenic (18:3n3)	Low	Flax oil	Essential fatty acid; precursor to EPA
Polyunsaturated Omega 6			
No Abnormality Found			
Trans			
Total C:18 Trans	High	Avoid hydrogenated oils	Hyperlipidemia and degenerative diseases
Ratios			
AA/EPA	High	Fish oils or extracts	Omega-3 insufficiency; Pro-inflammatory status
Index of Omega-3 Fatty Acids	Low	Fish oils or extracts	Omega-3 insufficiency

Testing performed by Metamatrix Inc. for Nordic Laboratories ApS.

Georgia Lab Lic Code #067-007
CLIA ID# 11D0255349

New York Clinical Lab PFI #4578
Florida Clinical Lab Lic #800008124

Laboratory Directors: J Alexander Bralley, PhD
Robert M David, PhD

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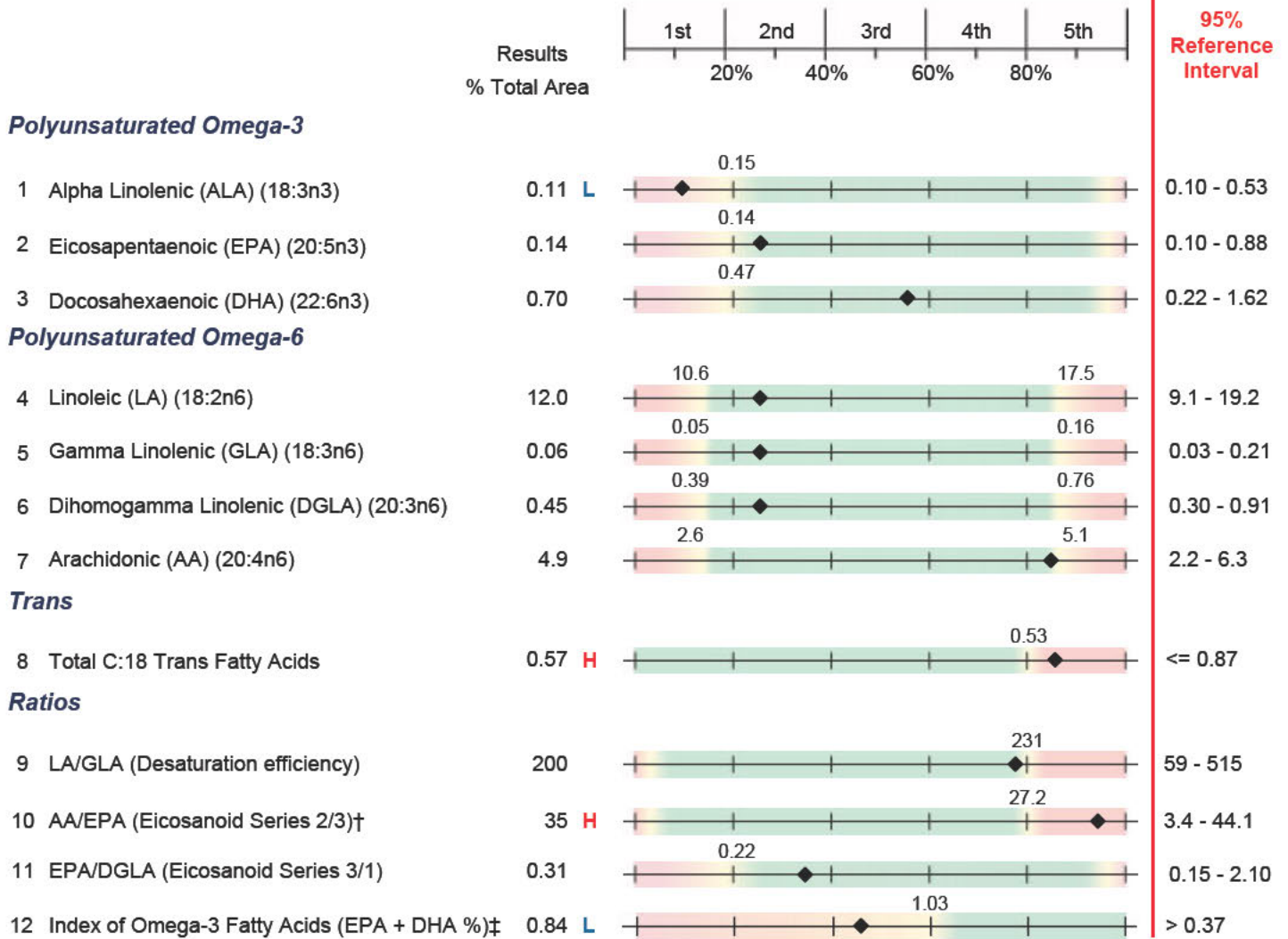
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Methodology: Capillary Gas Chromatography/Mass Spectrometry

Percentile Ranking by Quintile



†Sears, B. *Toxic Fat: When Good Fat Turns Bad*. 1st ed. Nashville, TN: Thomas Nelson; 2008.

‡Harris, WS. Omega - 3 fatty acids and cardiovascular disease: A case for omega-3 index as a new risk factor. *Pharmacological Research* 2007; 55:217-223.

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Supplement Recommendation

With knowledge of a patient's full medical history and concerns, the Bloodspot Fatty Acid Profile laboratory results may be used to help healthcare professionals create an individually optimized nutritional support program. Based strictly on the results from this test, the summary table below shows estimates of nutrient doses that may help to normalize nutrient-dependent metabolic functions. All amounts are adult doses that should be adjusted for children according to body weight and indication of need.

Fish Oil	3 gm
Flaxseed Oil	3 gm

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