

Patient Name

SAMPLE

Patient Date of Birth

dd/mm/yyyy

Test Analysis

SAMPLE

Date Completed



Disclaimer

Please note we do not provide medical advice or services. If you have health disorders, medical conditions, or any condition needing medical supervision you should consult your doctor or medical professional. All products and services are provided for educational purposes and research purposes only and are not intended to be a substitute for a proper medical consultation; and the site, services, products and materials may support the relationship between you and your healthcare provider, but are not intended to replace it. They should not be used as a substitute for professional diagnosis and treatment. If you suffer from any health condition you must consult your doctor or medical professional. We do not recommend self-diagnosis or self-medication, and no information within our site or presented by us or our associates may be construed or interpreted as recommending self-diagnosis or self-medication.



PATIENT FIRST NAME :

PATIENT SURNAME:

DATE OF BIRTH:

GENDER:

ADDRESS:

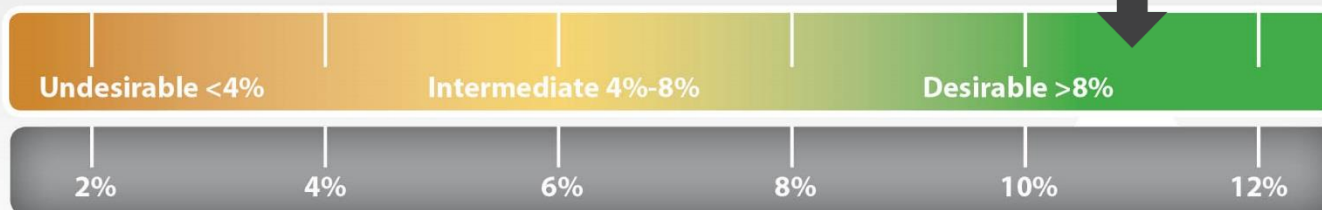
OMEGA-3 INDEX REPORT

Your Index

11.0%

Reference Range*: 2.5%–11.8%

Your Index



Omega-6:Omega-3 = 4.5:1 (2:1 – 10:1)* AA:EPA = 3.5:1 (2:1 – 71:1)*

Your Omega-3 Index is in the desirable range of over 8%. You are advised to maintain your current intake of omega-3 fatty acids.

Many studies have shown that people with higher (vs. lower) omega-3 index levels are at decreased risk for a variety of diseases. These include heart disease, stroke, dementia, and depression to name a few. These people even live longer than those with lower levels. Raising your omega-3 index and keeping it up should help reduce your risk these conditions.

Omega-3 fatty acids are found primarily in fish, especially “oily” fish such as those near the top in the accompanying table. The two most important omega-3 fatty acids are EPA and DHA.

It should be noted that omega-3 fatty acids from flaxseed oil (alpha-linolenic acid, or ALA) will have little to no effect on your Omega-3 Index. Therefore, ALA is not an effective substitute for EPA and DHA.

To make sure your Omega-3 Index remains in the target range you should re-check it every six months.