HS-Omega-3 Index® Report

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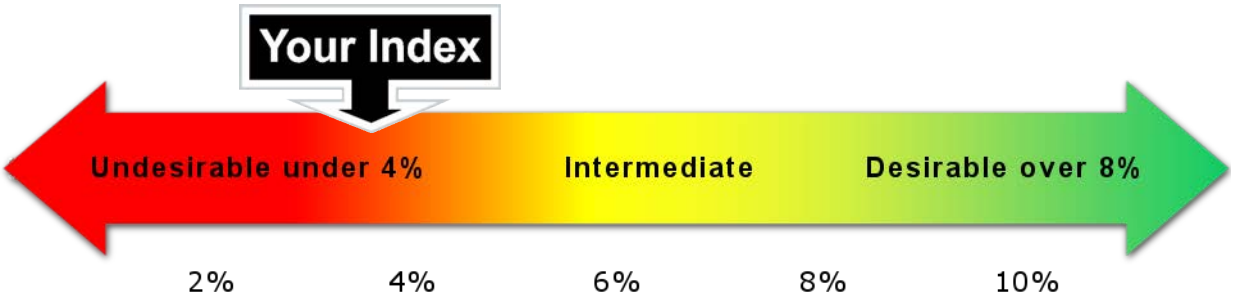
Name: Doe, Jane
DOB: 01/01/2011
ID: JDoe
Collection Date: February 25, 2011

Result Date: February 26, 2011
Provider: N/A
Account: Joel Fuhrman, MD

HS-Omega-3 Index® = 3.6%

Reference Range*: 0.5% - 10.6%



Your HS-Omega-3 Index is well below the target range of 8%. You are advised to increase your intake of omega-3 fatty acids.

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

The amount of EPA+DHA you would need to take in order to raise your HS-Omega-3 Index into the target range (>8%) cannot be predicted with certainty. Many factors – age, sex, weight, dietary and genetic factors, smoking, medications you may be taking, other medical conditions, etc. – all can influence your body's response to additional EPA+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 HS-Omega-3 Index. Therefore, ALA is not an effective substitute for EPA and DHA.

The only way to know how your body will respond to an increased intake of EPA+DHA is to measure your HS-Omega-3 Index again. You should wait for 3-4 months before re-testing in order to give your system time to adjust to your increased intake. Once you have achieved your target HS-Omega-3 Index you should re-check your values on an annual basis.

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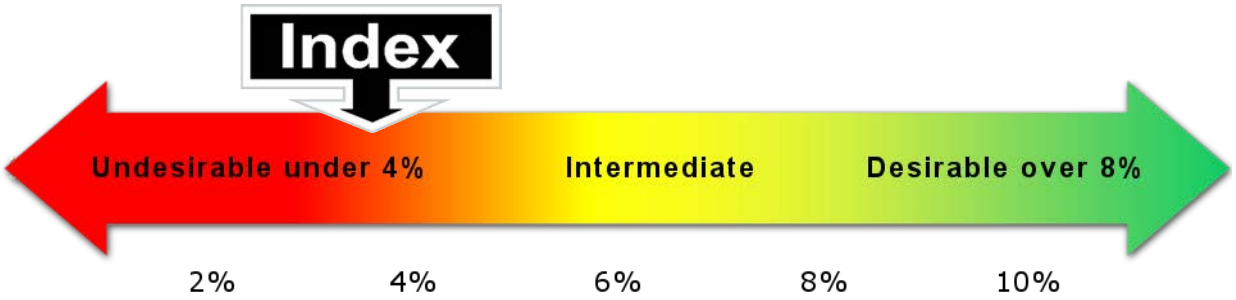

Dried Blood Spot Fatty Acid Profile

Omega-3 Fatty Acids		
Alpha-Linolenic	(18:3n3)	0.3 %
Eicosapentaenoic	(EPA, 20:5n3)	0.7 %
Docosapentaenoic-n3	(22:5n3)	1.5 %
Docosahexaenoic	(DHA, 22:6n3)	2.2 %
Range*: 0.0% - 12.8%		Total: 4.7 %

Omega-6 Fatty Acids		
Linoleic	(18:2n6)	21.4 %
Gamma-Linolenic	(18:3n6)	0.1 %
Eicosadienoic	(20:2n6)	0.4 %
Dihomo-y-linolenic	(20:3n6)	2.5 %
Arachidonic	(AA, 20:4n6)	12.1 %
Docosatetraenoic	(22:4n6)	1.8 %
Docosapentaenoic-n6	(22:5n6)	0.5 %
Range*: 26.1% - 51.2%		Total: 38.8 %

Fatty Acids Ratios		
Omega-6:Omega-3	(0.0 – 14.9)*	8.1
AA:EPA	(0.0 – 59.1)*	17.3

cis-Monounsaturated Fatty Acids		
Palmitoleic	(16:1n7)	0.4 %
Oleic	(18:1n9)	15.2 %
Eicosenoic	(20:1n9)	0.2 %
Nervonic	(24:1n9)	0.1 %
Range*: 11.6% - 30.3%		Total: 15.9 %

Saturated Fatty Acids		
Myristic	(14:0)	1.4 %
Palmitic	(16:0)	22.4 %
Stearic	(18:0)	14.6 %
Arachidic	(20:0)	0.2 %
Behenic	(22:0)	0.2 %
Lignoceric	(24:0)	0.2 %
Range*: 26.0% - 38.5%		Total: 39.0 %

Trans Fatty Acids		
Trans Palmitoleic	(16:1n7t)	0.2 %
Trans Oleic	(18:1t)	1.0 %
Trans Linoleic	(18:2n6t)	0.4 %
Range*: 0.0% - 4.8%		Total: 1.6 %

*Reference range is derived from 992 subjects (mean age 67 years).
Please visit the FAQs on our website for more information.

Lab Director: Brad Randall, MD. CLIA#: 43D1105229