

INTEGRATIVE MEDICINE

BLOOD - EDTA

OMEGA 3 INDEX PROFILE

	Result	Range	Units	
Omega 6/Omega 3 Ratio	4.3	2.3 - 14.5	RATIO	
OMEGA 3 INDEX	6.13		%	
Eicosapentanoic Acid	1.56 *H	0.10 - 1.20	%	
Docosahexanoic Acid	4.54	2.50 - 7.50	%	
Total Omega 3 Fatty acids	8.15	4.50 - 13.40	%	
Total Omega 6 Fatty Acids	34.98 *H	12.10 - 29.20	%	
Total Monounsaturated Fats	20.34 *H	7.50 - 17.90	%	
Total Omega 9 Fatty Acids	19.58	16.00 - 20.60	%	
Total Saturated Fats	36.04	19.30 - 39.40	%	

Essential Fatty Acids Comment

OMEGA 3 INDEX:

The biomarker, Omega 3 Index, has been derived from the accepted principle that the RBC membranes reflect cardiac membrane omega 3 FA content. As supplementation of omega 3 FAs (in particular EPA and DHA) is known to reduce the risk of CHD, the Omega 3 Index expresses the sum of the EPA and DHA as a percentage of the total identified fatty acids.

An Omega 3 Index greater than 8% is deemed to be desirable (Cardioprotective).
An Omega 3 Index between 4 and 8 % is deemed acceptable.
An Omega 3 Index less than 4% is deemed to be undesirable (High Risk).

ELEVATED EICOSAPENTANOIC ACID LEVEL:

Eicosapentanoic Acid is an anti-inflammatory fatty acid.

May Indicate:

Reduced delta-6 desaturase activity (if DHA is also low), Magnesium, niacin, pyridoxal-5-phosphate, vitamin C and/or zinc deficiency (especially if DHA is also low), Excessive EPA supplementation.

Treatment Considerations:

Magnesium, niacin, pyridoxal-5-phosphate, vitamin C and/or zinc supplementation, DHA supplementation

Tests ordered: Om3InPr

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang