



TEST PATIENT

GUa d'Y'HYgh'BUa Y
 Sex : :
 DUH' Collected : 00-00-0000
 111 H9GH'ROAD TEST SUBURB
 @AB =8: 00000000 UR#:0000000

TEST PHYSICIAN

DR JOHN DOE
 111 CLINIC STF 99H
 7@B=7 'GI 6I F 6'J =7'' \$\$\$

P: 1300 688 522
 E: info@nutripath.com.au
 A: PO Box 442 Ashburton VIC 3142

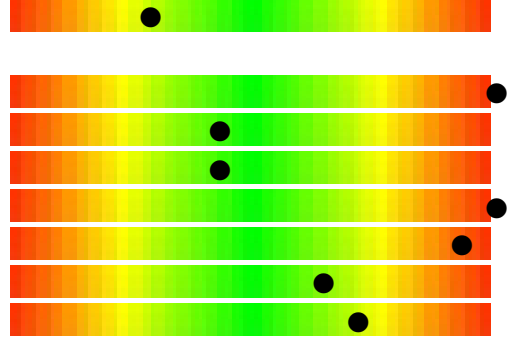
INTEGRATIVE MEDICINE

BLOOD - EDTA

Result Range Units

OMEGA 3 INDEX PROFILE

| | | | |
|----------------------------|----------|---------------|-------|
| 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