

B_rc808/30/20

	Result (%)	Typical USA% (%)	Percent of Control	Target
	Control			
Total Omega 3 Score	3.6	4.8	74	> 9%
% Omega 3 in HUFA	18	24	75	> 50%
% Omega 6 in HUFA	82	76	109	< 50%
Omega 6/Omega 3 Ratio	9.5	8.1 to 1	117	< 5:1
AA/EPA Ratio	13.4	18.3 to 1	73	<5:1
Omega 3 Family				
ALA (18:3 ω 3)	0.6	0.5	114	
EPA (20:5 ω 3)	0.8	0.6	135	>3%
DPA (22:5 ω 3)	1.2	1.0	119	>1%
DHA (22:6 ω 3)	0.9	2.6	36	>4%
Omega 6 Family				
Total Omega 6 Score	33.7	39.0	87	
LA (18:2 ω 6)	19.3	25.1	77	
DGLA (20:3 ω 6)	1.4	1.3	111	
AA (20:4 ω 6)	10.7	10.8	99	

Omega 3 Family

ALA = alpha Linolenic acid (Plant Omega 3)
 EPA = Eicosapentaenoic Acid (Marine Omega 3) DPA =
 Docosapentaenoic Acid (Marine Omega 3) DHA =
 Docosahexaenoic Acid (Marine Omega 3)
 Omega 3 Score = ALA, EPA, DPA, DHA

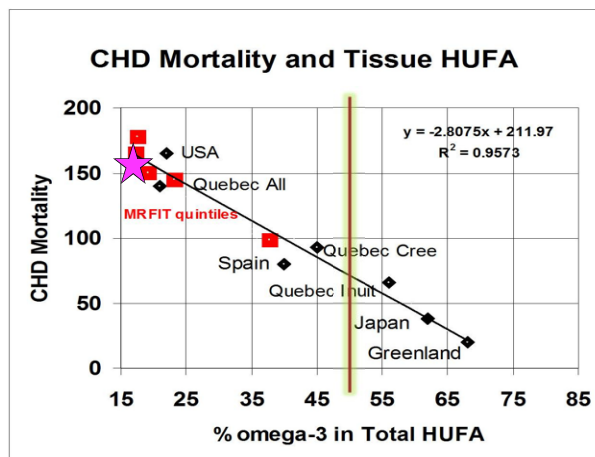
Omega 6 Family

LA = Linoleic Acid (Plant based omega 6 ; soybean oil, walr
 Acid
 AA = Arachidonic Acid

The FDA has not evaluated these statements. This product is not meant to treat, diagnose or cure disease. It is solely for informational purposes. This test was developed and its performance characteristics determined by Lipid Technologies, LLC. It has not been approved by the Food and Drug Administration (FDA). Results of this test are for investigational purposes only. The results should not be used as a substitute for the diagnosis by another medically diagnostic product or procedure. Reported fatty acid data may be subject to trace contamination separate from reported fatty acids during instrument analysis or due to inherent method standard error.

Omega 3 in HUFA = **18 %**

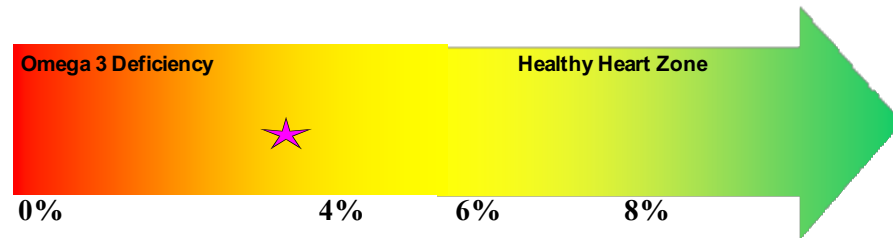
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LANDS' Figure: Coronary Heart Disease (CHD) Mortality versus % of omega 3 in HUFA. HUFA are precursors of hormone like compounds called eicosanoids which produce prostaglandins that drive inflammation. As omega 3 HUFA INCREASES there is a strong linear reduction in CHD mortality. This is based on studies done in various countries. The target score for this test is 50% (or higher) which represents a balance of omega 3 and omega 6 per Dr Lands. Omega 6 HUFA are potent mediators of inflammation while Omega 3 HUFA are less so. Omega 3 HUFA compete

US Average = 24%	Optimal > 50%
Total Omega 3	3.6 % US Average 4.8%

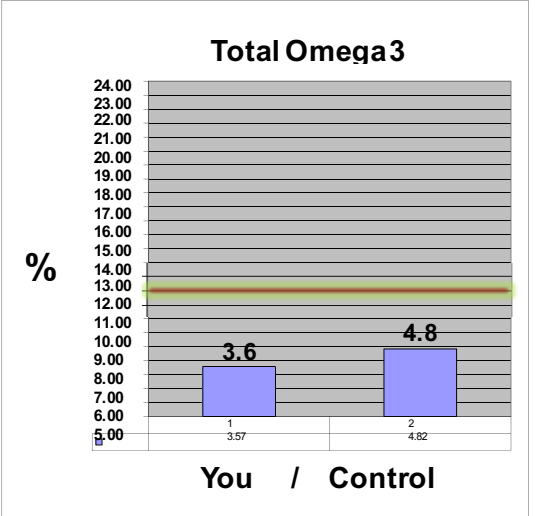
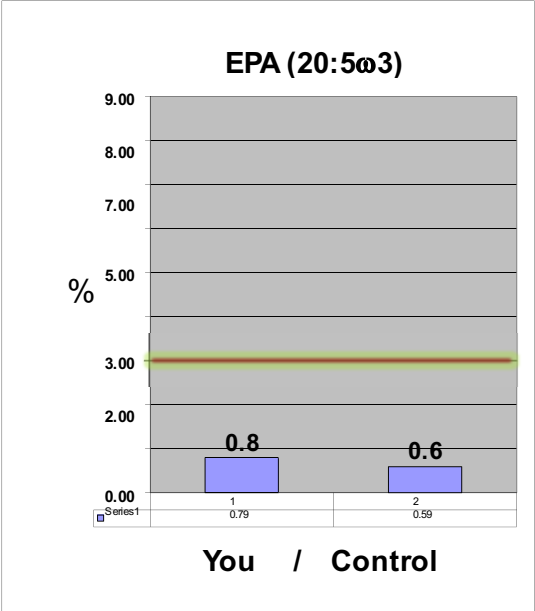
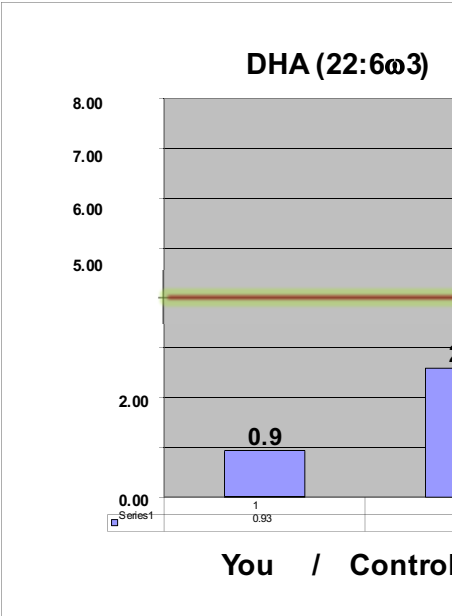
Desired >9%: correlates with a 90% risk reduction for sudden cardiac death (Albert et al)

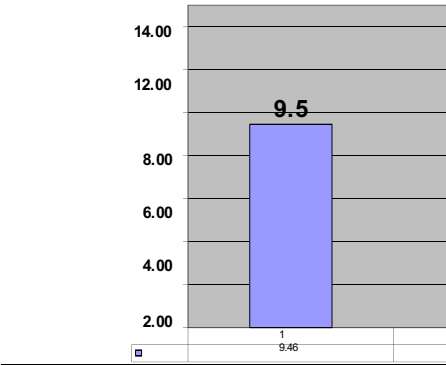
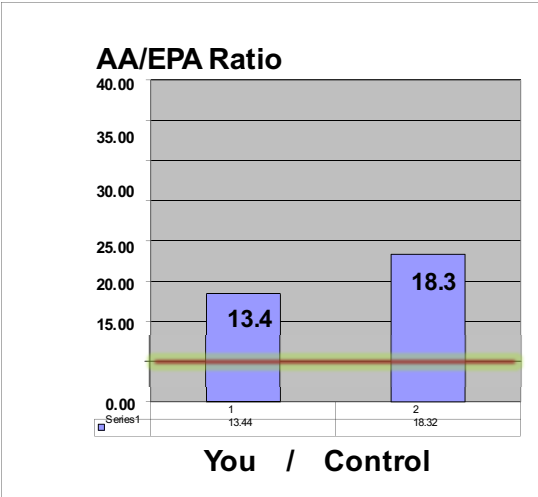
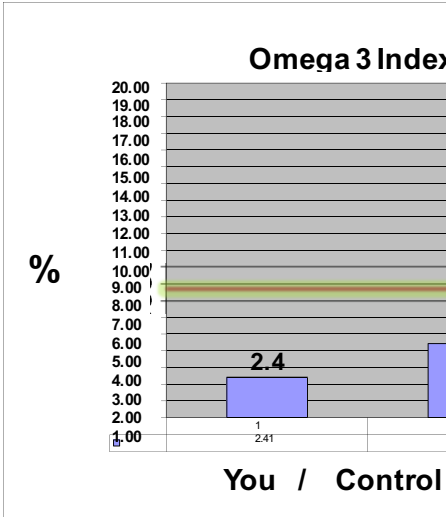


How Much Omega 3 should I try to get in my diet?

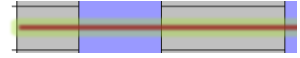
Experts recommend eating 1000mg to 2000mg of EPA and DHA per day and 2000mg of ALA per day with fish, fish oil and ground flax seed. Your provider may recommend more or less. Green vegetables are also a good source of plant based omega 3. Vegetables typically have a balanced ratio of omega 3 and omega 6 and are also a rich source of antioxidants, fiber and nutrients. Experts also recommend avoiding omega 6 rich oils like soybean, corn, peanut and safflower that compete with omega 3 for metabolism.

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Omega 6 / Omega 3 Ra



You / Control

uts DGLA = dihomogamma-linolenic

For informational purposes only. Consult a healthcare professional if you have not been cleared or approved by the US Food and Drug Administration. Diagnostic procedure without confirmation. Accuracy may vary and error as other fatty acids may not be detected.

Heart
Dysrhythmias
JFA
Diagnosis

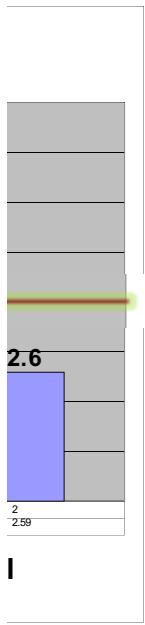
Diagnosis
CHD
I

50%
Tests
Negative

Dysrhythmias
Diagnosis



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a diagnostic procedure without
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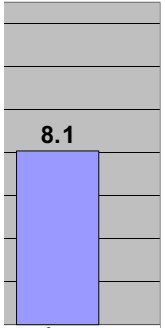
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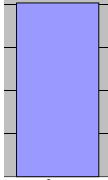
4.4



2
4.42



8.1



2
8.09

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