

Client Name: Jane Doe

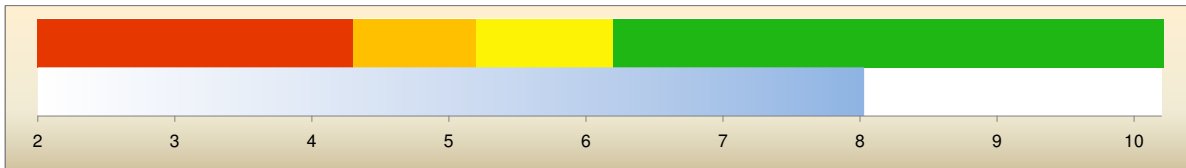
Date of Collection: 1/1/2010

Date of Analysis: 1/3/2010

Omega Score™ Results

Omega-3 Whole Blood Score

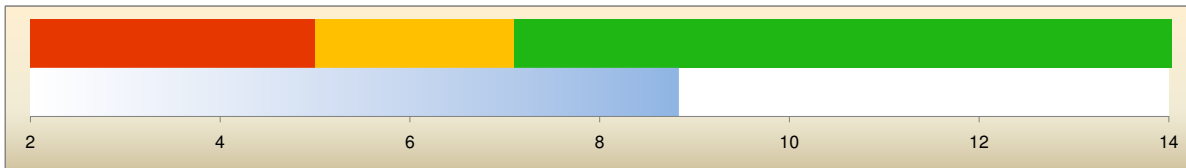
My Score: 8.03



Whole Blood scores in the highest quartile (6.6%-10.2%) were associated with an 80% lower risk of sudden death compared to individuals with whole blood scores of 2.1%-4.3%.¹

Omega-3 Serum Equivalence Score

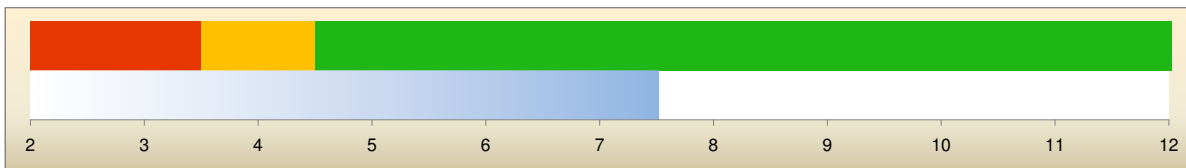
My Score: 8.84



A total Omega-3 Score ≥ 7.2 is associated with a 32% risk reduction in heart disease compared to a score of < 5.0 .²

EPA + DHA Serum Equivalence Score

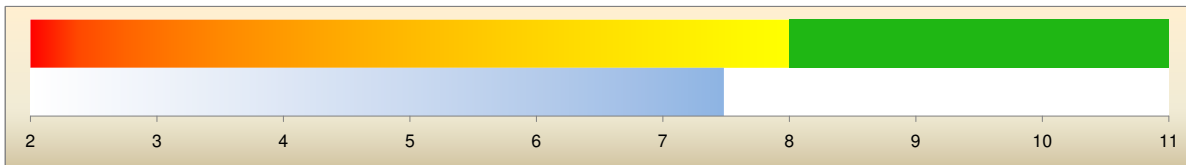
My Score: 7.52



A total EPA + DHA Score ≥ 4.6 is associated with a 70% reduced risk of death from fatal ischemic heart disease as compared to a score of < 3.5 .³

Omega-3 Index Red Blood Cell Equivalence Score

My Score: 7.48



An RBC omega-3 value of 8-11% offers the greatest protection against sudden myocardial infarction.⁴

Client Name: Jane Doe
Dietitian:
Date of Collection:
Date of Analysis:

Omega Score™ Results

<u>My Whole Blood Fatty Acids</u>		<u>% by Weight</u>
<u>Carbon Number</u>	<u>Name</u>	
C14:0	Myristic Acid	1.11
C14:1	Myristolic Acid	0.08
C15:0	Pentadecanoic Acid	0.24
C16:0	Palmitic Acid	20.90
C16:1	Palmitoleic Acid	0.73
C18:0	Stearic Acid	9.12
C18:1	Oleic Acid	16.11
C18:2n6	Linoleic Acid	29.62
C18:3n6 (GLA)	Gamma-linolenic Acid	0.25
C18:3n3 (ALA)	Alpha-linolenic Acid	0.52
C18:4n3	Stearidonic Acid	0.00
C20:0	Arachidic Acid	0.11
C20:1	Eicosenoic Acid	0.10
C20:2n6	Eicosadienoic Acid	0.35
C20:3n6 (DGLA)	Dihomo-gamma-linolenic Acid	1.50
C20:4n6 (AA)	Arachidonic Acid	10.22
C20:3n3	Eicosatrienoic Acid	0.00
C20:4n3	Eicosatetraenoic Acid	0.00
C20:5n3 (EPA)	Eicosapentaenoic Acid	1.51
C22:0	Behenic Acid	0.00
C22:1	Cetoleic Acid	0.06
C22:2n6	Docosadienoic Acid	0.00
C22:4n6	Adrenic Acid	1.33
C22:5n6	Docosapentaenoic Acid (n-6)	0.12
C22:5n3 (DPA)	Docosapentaenoic Acid (n-3)	1.58
C22:6n3 (DHA)	Docosahexaenoic Acid	4.42
C24:0	Lignoceric Acid	0.00
C24:1	Nervonic Acid	0.00
Sum		100.00

My Lipids

Saturated	31.49
Monounsaturated	17.08
Polyunsaturated	51.42

My Ratios

AA/EPA ratio (SIP)*	5.16
Omega-3/Omega-6 ratio	0.19
Omega-6/Omega-3 ratio	5.40

*AA/EPA serum equivalent ratio is derived from Whole Blood Data via correlation equations