

This analysis measures the amount of omega-6 and omega-3 fatty acids in your red blood cells.

The most common omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The portion of these two types of fatty acids from all fatty acids in the red blood cell membranes, given in percentage, is what we call the Omega-3 Index. The Omega-3 Index is a good way of measuring if you are getting enough omega-3 fatty acids in your regular diet. An Omega-3 Index that is lower than 4 indicates a higher risk of developing cardiovascular disease.

The ratio between the omega-6 and omega-3 fatty acids in your cellular membranes tells us about the condition to function optimally. You will find more information about how to interpret the analysis results later in the report.

## Legal Disclaimer

The use of the Omega-3 Test must be in complete accordance with the enclosed directions. Eqology assumes no liability for damages caused by the product being used in any other way. The results and advice given after the blood samples have been analyzed give an estimated level of risk and nutritional advice, and are not meant to replace direct contact, examination or treatment by a doctor or other health care professional. The analysis results and nutritional advice must be viewed in context of the time in which they were given.

## Your Omega-3 index

# 3,9%

Your Omega-3 Index is now 3.9%. You should take 2 grams of marine fatty acids daily (or 14 grams per week). A new test is recommended in 4 months. It may be necessary to maintain the above mentioned daily intake for more than 4 months before getting desirable Omega-3 Index results.



## Your Omega-6 (AA)/Omega-3 (EPA) ratio

# 17,4:1

This indicates a significantly increased risk of long-term inflammatory responses to infections and injuries, as well as a reduced defense system against cellular damage. You are recommended to take a minimum of 2 grams of marine fatty acids (omega-3) daily, or 14 grams per week. A new test is recommended in 4 months, as the life span of a red blood cell (erythrocyte) is 120 days.

