

Patient Information	Specimen Information	Client Information

COMMENTS: FASTING:

**Cardio IQ®**

Test Name	Current		Risk/Reference Interval			Historical Result & Risk	
	Result & Risk		Optimal	Moderate	High		
	Optimal	Non-Optimal					
<b>FATTY ACIDS</b>							
OmegaCheck® Whole Blood: (EPA+DPA+DHA)	<b>7.4</b>		>=5.5	3.8-5.4	<=3.7	% by wt	
ARACHIDONIC ACID/EPA RATIO	<b>5.7</b>			3.7-40.7			
OMEGA-6/OMEGA-3 RATIO	<b>4.9</b>			3.7-14.4			
OMEGA-3 TOTAL	<b>7.4</b>					% by wt	
EPA	<b>2.2</b>			0.2-2.3		% by wt	
DPA	<b>1.6</b>			0.8-1.8		% by wt	
DHA	<b>3.7</b>			1.4-5.1		% by wt	
OMEGA-6 TOTAL	<b>36.5</b>					% by wt	
ARACHIDONIC ACID	<b>12.4</b>			8.6-15.6		% by wt	
LINOLEIC ACID	<b>21.9</b>			18.6-29.5		% by wt	

For details on reference ranges please refer to the reference range/comment section of the report.

SPECIMEN:

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Reference Range/Comments

Analyte Name	In Range	Out Range	Reference Range	Lab
ARACHIDONIC ACID	12.4		8.6-15.6 % by wt	
ARACHIDONIC ACID/EPA RATIO	5.7		3.7-40.7	
DHA	3.7		1.4-5.1 % by wt	
DPA	1.6		0.8-1.8 % by wt	
EPA	2.2		0.2-2.3 % by wt	
EPA+DPA+DHA	7.4		>5.4 % by wt	

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Cardiometabolic Center of Excellence at Cleveland HeartLab. It has not been cleared or approved by the U.S. Food and Drug Administration. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes. Increasing blood levels of long-chain n-3 fatty acids are associated with a lower risk of sudden cardiac death (1). Based on the top (75th percentile) and bottom (25th percentile) quartiles of the CHL reference population, the following relative risk categories were established for OmegaCheck: A cut-off of >=5.5% by wt defines a population at optimal relative risk, 3.8-5.4% by wt defines a population at moderate relative risk, and <=3.7% by wt defines a population at high relative risk of sudden cardiac death. The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. (Reference: 1-Albert et al. NEJM. 2002; 346: 1113-1118).

LINOLEIC ACID	21.9		18.6-29.5 % by wt	
OMEGA-3 TOTAL	7.4		% by wt	
OMEGA-6 TOTAL	36.5		% by wt	

Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.

OMEGA-6/OMEGA-3 RATIO	4.9		3.7-14.4	
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SPECIMEN: