

## — Vitamins, Minerals & Dietary Fatty Acids

### Omega 3 & 6 Fatty Acids

— EPA+DPA+DHA  
(% by wt)

7.4

Range: >5.4

#### EPA+DPA+DHA

(% by wt)



#### Result Comments

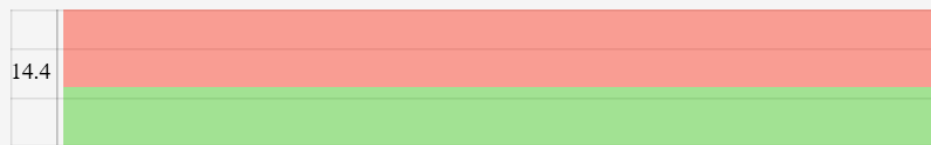
This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Cardiometabolic Center of Excellence at Cleveland HeartLab. It has not been cleared or approved by the U.S. Food and Drug Administration. This assay has been validated pursuant to the CLIA 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  $\geq 5.5\%$  by wt defines a population at optimal relative risk, 3.8–5.4% by wt defines a population at moderate relative risk, and  $\leq 3.7\%$  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).

— OMEGA-6/OMEGA-3 RATIO

4.9

Range: 3.7-14.4

#### OMEGA-6/OMEGA-3 RATIO



0.49

**+ OMEGA-3 TOTAL**  
(% by wt)

**7.4**

Range: See Comments

**- DPA**  
(% by wt)

**1.6**

Range: 0.8-1.8

### DPA

(% by wt)

1.8

0.5

**+ OMEGA-6 TOTAL**  
(% by wt)

**36.5**

Range: See Comments

**- LINOLEIC ACID**  
(% by wt)

**21.9**

Range: 18.6-29.5

### LINOLEIC ACID

(% by wt)

29.5

15.33

## Fatty Acids

**- ARACHIDONIC AC...**

**5.7**

Range: 3.7-40.7

ARACHIDONIC ACID/EPA RATIO

40.7

-7.4

EPA  
(% by wt)

2.2

Range: 0.2-2.3

EPA

(% by wt)

2.3

-0.47

DHA  
(% by wt)

3.7

Range: 1.4-5.1

DHA

(% by wt)

5.1

0.29

ARACHIDONIC AC...  
(% by wt)

12.4

Range: 8.6-15.6

ARACHIDONIC ACID

(% by wt)

15.6

