



Accession Number: **A0809050001**  
 Reference Number:  
 Patient: Sample Report  
 Age: 46 Sex: Male  
 Date of Birth: 02/05/1962  
 Date Collected: 9/4/08  
 Date Received: 9/5/08  
 Report Date: 9/5/08  
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 Reprinted: 2/16/09  
 Comment:

Ordering Physician:

Metametrix

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## 0241 Bloodspot Fatty Acid Profile

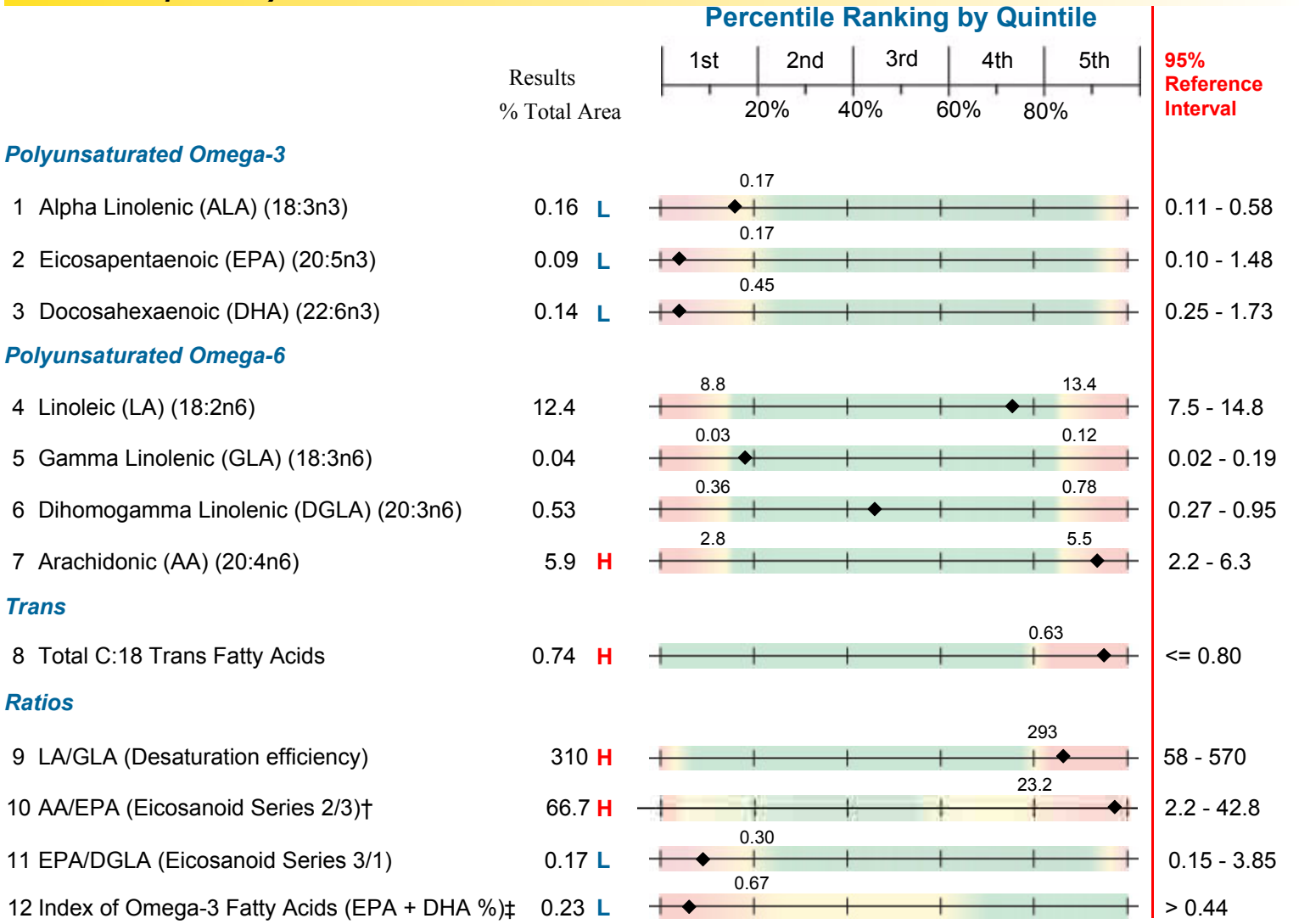
### Summary of abnormal results:

	<u>Findings</u>	<u>Intervention Options</u>	<u>Metabolic Association</u>
<b>Polyunsaturated Omega 3</b>			
Alpha Linolenic (18:3n3)	Low	Flax oil	Essential fatty acid; precursor to EPA
Eicosapentaenoic (20:5n3)	Low	Fish oils or extracts	Insufficient class 3 eicosanoid cell controls
Docosahexaenoic (22:6n3)	Low	Fish oils or extracts	Impaired nerve function (esp. the eye)
<b>Polyunsaturated Omega 6</b>			
Arachidonic (20:4n6)	High	Reduce red meats and LA and GLA sources	Excessive class 2 eicosanoid cell controls
<b>Trans</b>			
Total C:18 Trans	High	Avoid hydrogenated oils	Hyperlipidemia and degenerative diseases
<b>Ratios</b>			
LA/GLA	High	Zinc	Zinc insufficiency
AA/EPA	High	Fish oils or extracts	Omega-3 insufficiency; Pro-inflammatory status
EPA/DGLA	Low	Fish oils or extracts	Omega-3 insufficiency; Pro-inflammatory status
Index of Omega-3 Fatty Acids	Low	Fish oils or extracts	Omega-3 insufficiency

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**0241 Bloodspot Fatty Acid Profile**

Methodology: Capillary Gas Chromatography/Mass Spectrometry



†Inflammatory Risk	Omega-3 Dominance	Low	Mild	Moderate	High
AA/EPA Ratio	<2.2	2.2-8.0	8.1-13.0	13.1-30.5	> 30.5

The inflammatory risk corresponds to data published by Dr. Barry Sears based on serum specimens. The ranges on this report are based on bloodspot data. Reference ranges have been adjusted to correlate with Sears' data. (Sears, B. *The Omega Rx Zone: the miracle of the new high-dose fish oil*. 1st ed. New York, NY: ReganBooks; 2002.)

‡Relative Disease Risk Index*	High	Intermediate	Low
Index of Omega-3 Fatty Acids	< 0.67	0.67-1.4	> 1.4

\*Harris WS, von Schacky C. The Omega - 3 Index: A new risk factor for sudden cardiac death? *Prev Med* 2004; 39:212-20.

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.

## Supplement Recommendation Summary

With knowledge of a patient's full medical history and concerns, the Bloodspot Fatty Acid Profile laboratory results may be used to help healthcare professionals create an individually optimized nutritional support program. Based strictly on the results from this test, the summary table below shows estimates of nutrient doses that may help to normalize nutrient-dependent metabolic functions. All amounts are adult doses that should be adjusted for children according to body weight and indication of need.

Evening Primrose or Borage Oil	4 gm
Fish Oil	6 gm
Flaxseed Oil	3 gm
Zinc	30 mg