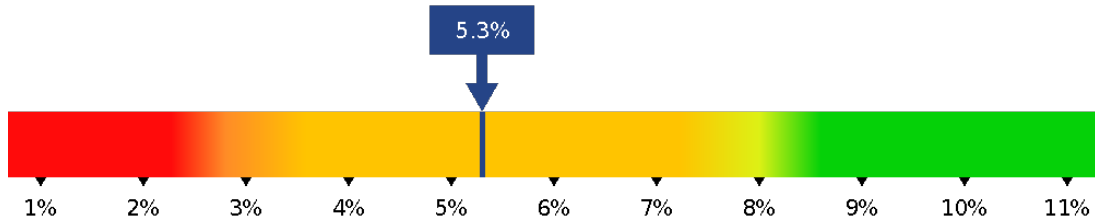


Name: Fatty Acid
DOB: 2000-01-01
Account: Customer

Sample ID: TEST0051
Result date: 2024-10-01

UK | Europe | Australia
info@fattyacidlabs.com
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Your Omega-3 Index Levels



Reference range: 2.8-15.4%. Optimal range: 8-12%. Reference ranges encompass about 99% of fatty acids levels measured in adult populations.

Your Omega-3 Index Report

Congratulations on taking the initiative to assess your Omega-3 Index! This report offers important insights into your omega-3 fatty acid levels, which are essential for your overall health. The Omega-3 Index measures the percentage of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in your red blood cells. These two omega-3 fatty acids, primarily found in fatty fish and marine supplements, play crucial roles in cardiovascular health, brain function, and inflammation regulation.

An optimal Omega-3 Index is generally considered to be 8% or higher. Levels within this range are associated with a lower risk of heart disease, better brain health, and reduced inflammation. Your current Omega-3 Index is 5.32%, which is below the optimal range. To improve your Omega-3 Index to 8% or higher, we recommend that you consume an additional 976 mg of EPA and DHA per day on top of your current diet and supplementation. This recommendation is based on research published by Walker et al. in 2019. This information can help you understand how well your diet and lifestyle are supporting your omega-3 needs.

To improve and maintain a desirable Omega-3 Index, it is essential to include omega-3-rich foods in your diet. Fatty fish such as salmon, mackerel, sardines, and trout are excellent sources of EPA and DHA. Aim to consume fish at least twice a week. For those who prefer plant-based options, flaxseeds, chia seeds, and walnuts contain alpha-linolenic acid (ALA), a precursor to EPA and DHA. However, the conversion rate of ALA to DHA in the body is quite low, so it may not significantly impact your Omega-3 Index.

Omega-3 supplements, such as fish oil or algae oil, can be an effective way to increase your EPA and DHA intake. When choosing a supplement, look for one that provides at least 500 mg of combined EPA and DHA per serving. Marine-derived supplements are particularly beneficial, and you do not need to worry about mercury or other contaminants in these products.

Monitoring your Omega-3 Index over time is a proactive way to track your progress and make informed decisions about your diet and supplement regimen. If you increase your omega-3 intake, you can expect your Omega-3 Index to improve gradually over several months. We recommend rechecking your levels every 3-6 months to ensure you are on track and making any necessary adjustments.

Your healthcare provider can provide personalised recommendations based on your specific health needs and ensure that any changes are safe and effective for you. Maintaining an optimal Omega-3 Index is a vital aspect of supporting your long-term health, and your healthcare provider can guide you in achieving this goal.

Understanding and maintaining your Omega-3 Index is a valuable step towards enhancing your health and well-being. By incorporating omega-3-rich foods, considering supplements, and making healthy lifestyle choices, you can support your cardiovascular health, brain function, and overall vitality. Taking control of your Omega-3 Index empowers you to make informed decisions that benefit your health now and in the future.

Consult with your healthcare provider before making any significant changes to your diet or supplement routine.