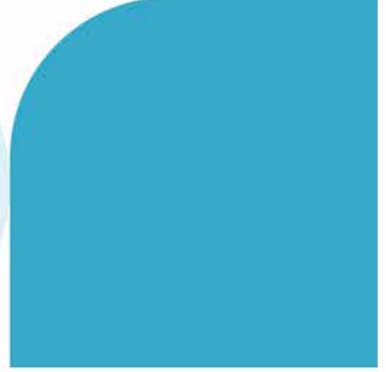
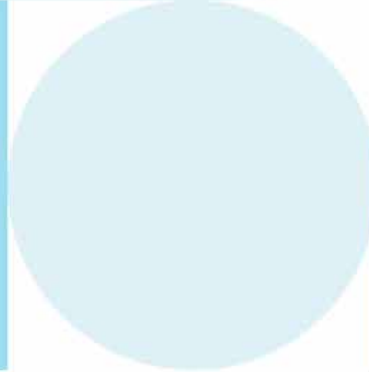
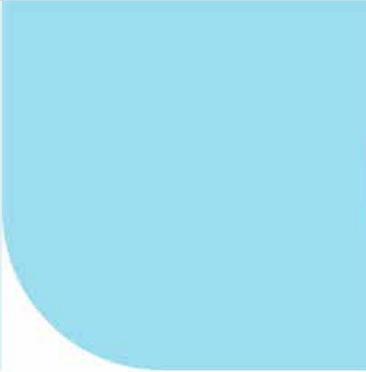
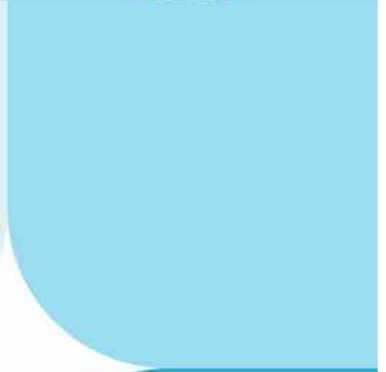
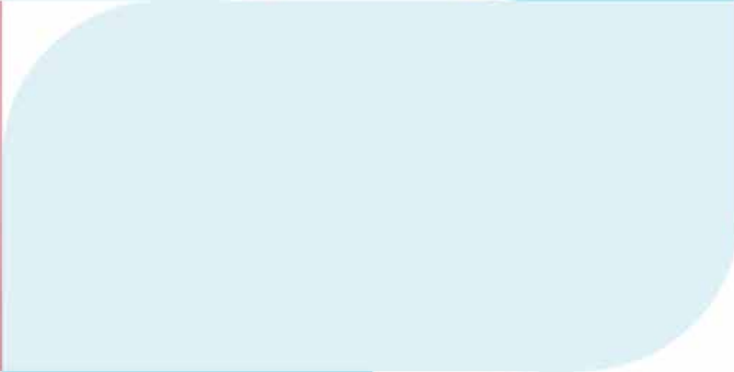




Test report



At-home test



Omega-3 Plus

Lab test

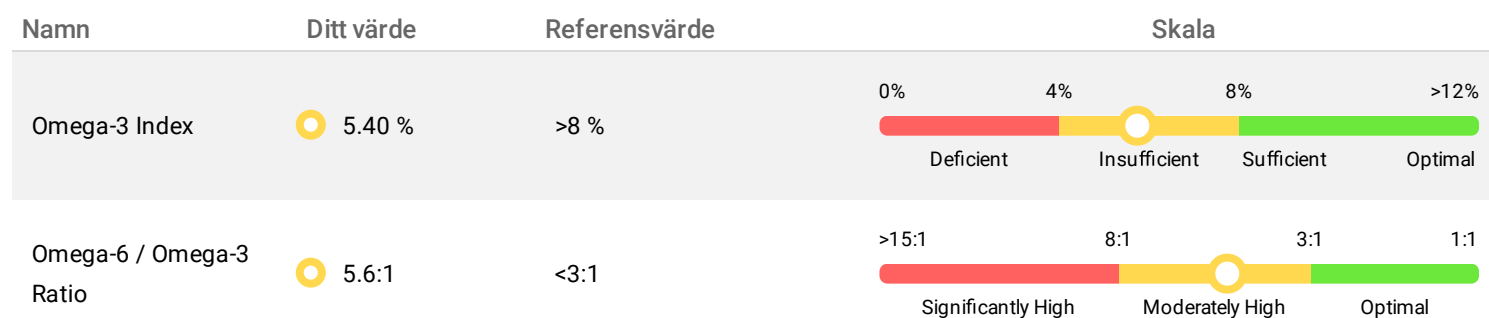
Blood

Name: **Sample Report** Date of test: **10/11/2023** Analysis-ID: **DUMMY-48**

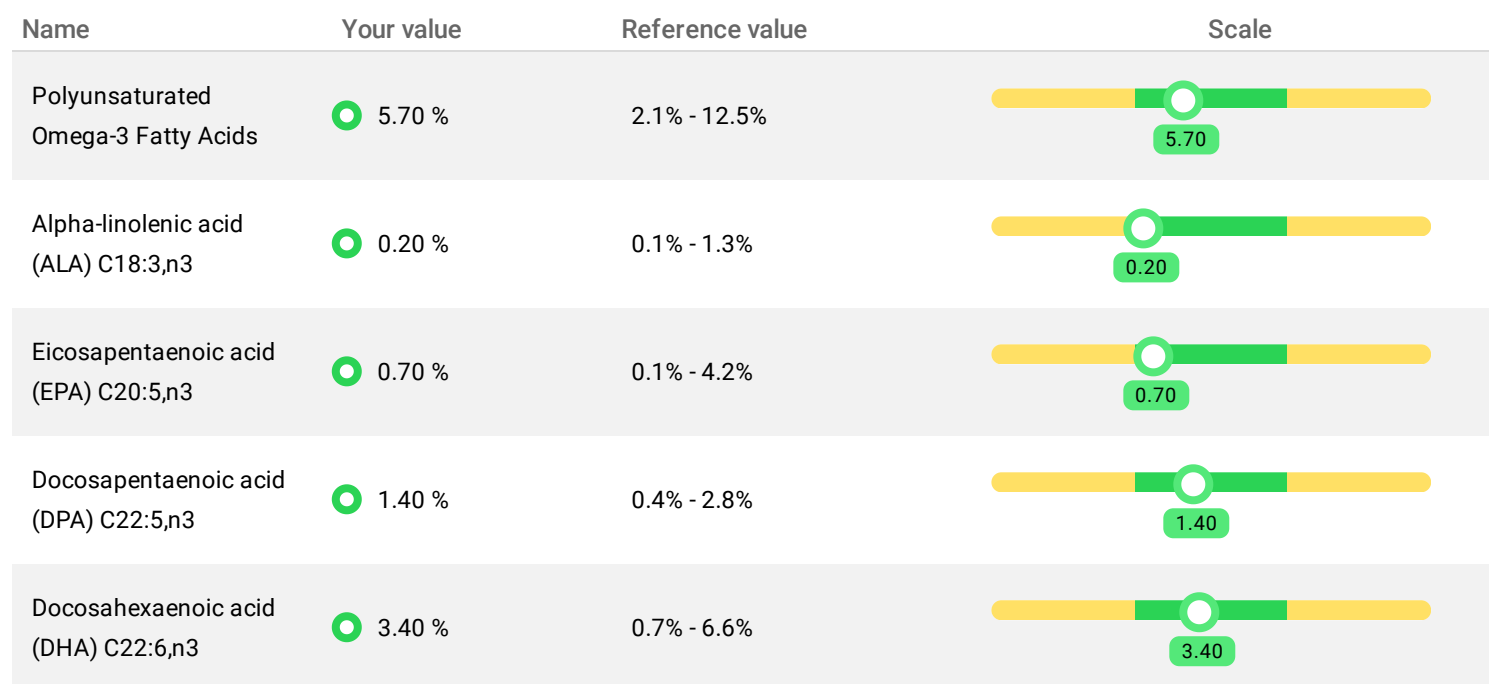
Omega 3 Plus (DBS) - Your results

Below you will find your test result. On the following pages there is in-depth information so that you can better understand your answer.


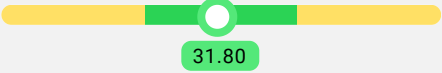



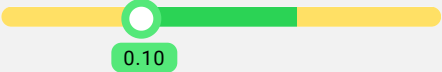




Omega Index och Ratio




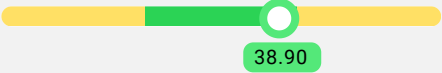






Omega-3 Fatty Acids




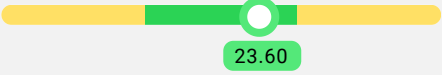




Omega-6 Fatty Acids

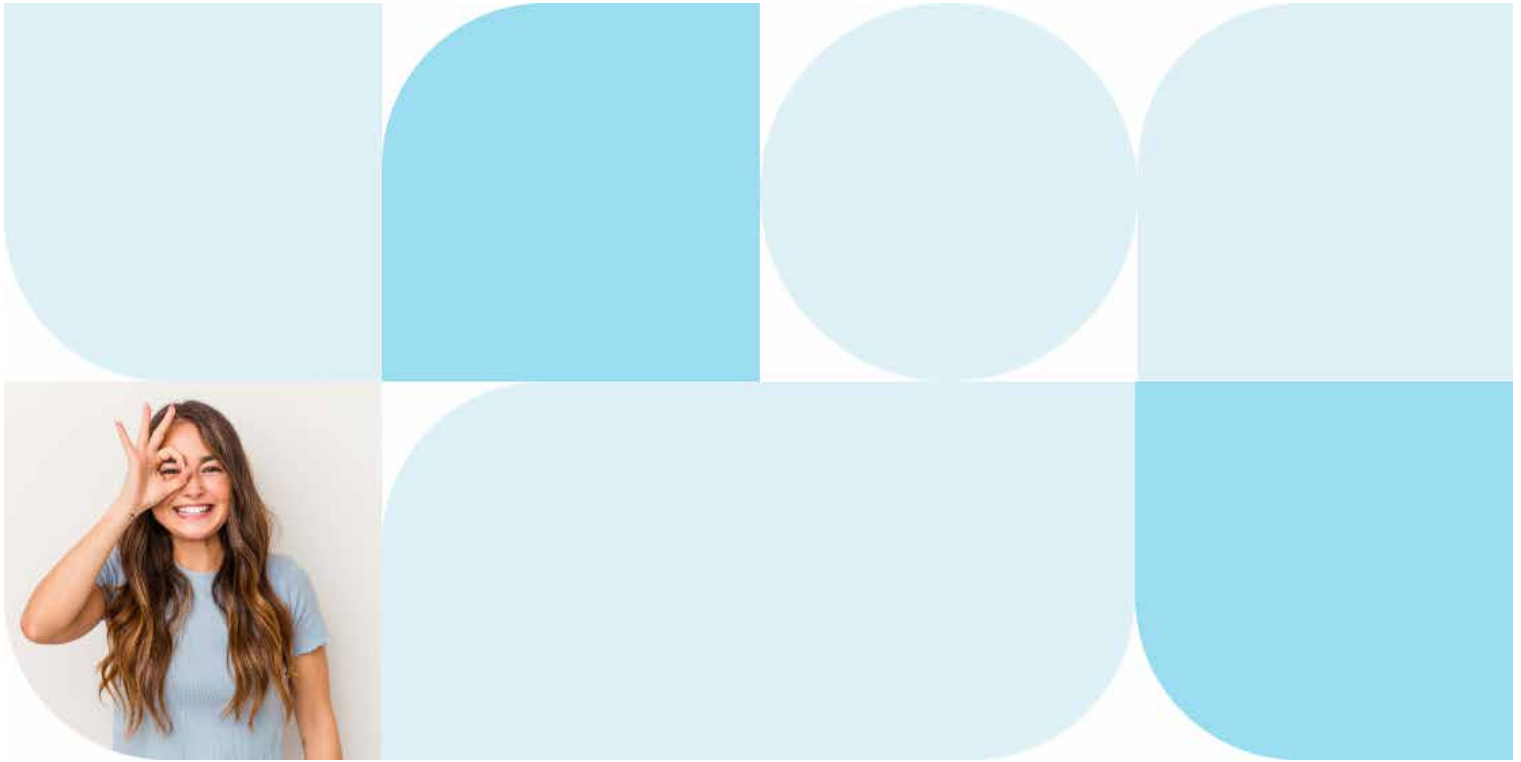
Name	Your value	Reference value	Scale
Polyunsaturated Omega-6 Fatty Acids	 31.80 %	23.5% - 40%	
Linoleic acid (LA) C18:2,n6	 20.60 %	13.3% - 30.2%	
Gamma-linolenic acid (GLA) C18:3,n6	 0.10 %	0.1% - 0.9%	
Dihomo-gamma-linolenic acid (DGLA) C20:3,n6	 1.30 %	0.5% - 3.1%	
Arachidonic acid (AA) C20:4,n6	 9.80 %	5.4% - 17.1%	

Saturated Fatty Acids

Name	Your value	Reference value	Scale
Saturated Fatty Acids	 38.90 %	27.3% - 40%	
Myristic Acid (MA) C14:0	 0.70 %	0.2% - 2.4%	
Palmitic acid (PA) C16:0	 24.00 %	18.4% - 32.2%	
Stearic acid (SA) C18:0	 14.20 %	9.2% - 21.5%	

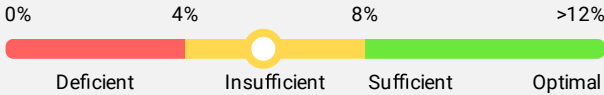

Monounsaturated Fatty Acids

Name	Your value	Reference value	Scale
Monounsaturated Fatty Acids	 23.60 %	15% - 26%	
Palmitoleic Acid (PLA) C16:1, n7	 1.00 %	0.2% - 3.4%	
Oleic acid (OA) C18:1,cis-9	 22.60 %	12.6% - 27.6%	



In Depth Analysis

Omega Index och Ratio

Namn	Ditt värde	Referensvärde	Skala
Omega-3 Index	5.40 %	>8 %	
Omega-6 / Omega-3 Ratio	5.6:1	<3:1	


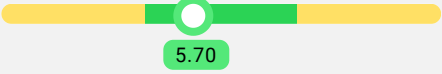

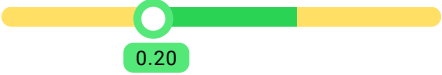

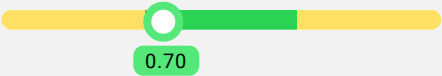




Your Omega-3 Index

Your Omega-3 index shows the percentage of EPA and DHA compared to the total amount of fatty acids in the blood. A high Omega-3 index is desirable. If your Omega-3 index is too low you should increase your intake of Omega-3 fatty acids through diet or [supplements](#).

Ratio between Omega-6 and Omega-3

The ratio between Omega-6 and Omega-3 indicates the balance between the two fatty acids. The higher the value the more Omega-6 compared to Omega-3. If you are above the reference value it means you have too much Omega-6 relative to Omega-3 and need to increase your intake of [Omega-3](#).

Omega-3 Fatty Acids

Name	Your value	Reference value	Scale
Polyunsaturated Omega-3 Fatty Acids	 5.70 %	2.1% - 12.5%	
Alpha-linolenic acid (ALA) C18:3,n3	 0.20 %	0.1% - 1.3%	
Eicosapentaenoic acid (EPA) C20:5,n3	 0.70 %	0.1% - 4.2%	
Docosapentaenoic acid (DPA) C22:5,n3	 1.40 %	0.4% - 2.8%	
Docosahexaenoic acid (DHA) C22:6,n3	 3.40 %	0.7% - 6.6%	

With Low Levels of Omega-3

When deficient in any of the Omega-3 fatty acids, the important to reduce Omega-3 from sources such as corn, soybean, egg, salmon, and mackerel oils, and incorporating in all these foods are rich in Omega-3. It is also important to increase the intake of the Omega-3 fatty acids alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Food for each fatty acid:

ALA: Flaxseed oil, walnuts, hemp seeds, chia seeds

EPA/DHA: Fatty fish (anchovies, salmon, mackerel, sardines, herring), algae oil, or Omega-3 supplement.

Conversion of ALA to EPA and DHA is promoted by:

[B-vitamins](#) (especially B1, B2, B3, B6, and biotin/B7), [vitamin C](#), [vitamin E](#), [selenium](#), [magnesium](#), and [zinc](#).

Conversion of ALA to EPA and DHA is inhibited by:

High Omega-3 intake, sugar, refined and hydrogenated vegetable oils, trans fats (partial hydrogenation), diabetes (insulin resistance), oral contraceptives, and stress.

About Omega-3 Fatty Acids

Omega-3 is one of the most studied nutrients and has shown positive health benefits for the cardiovascular system, eye, in depression, and cognitive functions as well as in prevention against dementia disease.

The Food Administration recommends an intake of 1.5 to 2 grams of Omega-3 per day, equivalent to about one serving of salmon.

Both alpha linolenic acid (ALA) and linolenic acid (LNA) are essential fatty acids, meaning the body cannot synthesize these compounds on its own and they must be consumed from food. From these two fatty acids, the body can convert to other fatty acids such as EPA, DHA, arachidonic acid, and gamma linolenic acid. Proper liver function and adequate nutrients status are needed for the conversion.

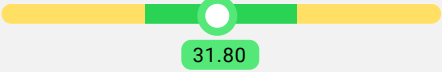




ALA is the most common fatty acid in our diet. ALA can be converted to EPA and DHA and is found in foods such as flaxseed oil, hemp oil, canola oil, walnuts, and dark green vegetables. Vegetarians and vegans who don't eat fish often have a higher conversion rate than those who eat fish and meat, but it's likely not enough to ensure optimal Omega-3 status. Women of childbearing age also have a better conversion of ALA to EPA than men.

Health benefits of ALA include the cardiovascular system, nervous system, inflammatory conditions and autoimmune diseases.

DHA is essential for the brain and memory, eye, and skin, and is beneficial for the cardiovascular system and good cholesterol as well as in depression. A third of the brain substance consists of long-chain fatty acids, mostly DHA.

EPA has anti-inflammatory properties in rheumatism, depression and may be protective for women with menopause symptoms.

Omega-6 Fatty Acids

Name	Your value	Reference value	Scale
Polyunsaturated Omega-6 Fatty Acids	31.80 %	23.5% - 40%	
Linoleic acid (LA) C18:2,n6	20.60 %	13.3% - 30.2%	
Gamma-linolenic acid (GLA) C18:3,n6	0.10 %	0.1% - 0.9%	
Dihomo-gamma-linolenic acid (DGLA) C20:3,n6	1.30 %	0.5% - 3.1%	
Arachidonic acid (AA) C20:4,n6	9.80 %	5.4% - 17.1%	

Linoleic acid is an essential Omega-6 fatty acid that we must obtain from our diet. Linoleic acid is primarily found in vegetable oils such as sunflower oil, corn oil, soybean oil, grapeseed oil, and hempseed oil, as well as in nut and seeds in general.

It is often referred to as evening primrose oil but is also found in black current seeds, borage, blue-green algae, and brown milk. To convert linoleic acid to DGLA, an enzyme called delta-5 desaturase is required. This process can be inhibited by high cholesterol and an excess of saturated and monounsaturated fats (which constitute 70-80% of the Western diet), but diabetes (insulin resistance), high alcohol consumption, viral infections, and nutrient deficiencies can also block the enzyme and thus inhibit the conversion.

With high levels of Omega-6

Elevated Omega-6 values increase the pro-inflammatory processes in the body, which raises the risk for inflammatory diseases, cardiovascular diseases, cancer, and diabetes. Gamma-linolenic acid (DGLA), however, is an anti-inflammatory Omega-6 fatty acid found in evening primrose oil. If you have elevated Omega-6, you should avoid fried food and fast food, processed foods, and meat (especially skinless poultry and beef), corn oil, olive oil, and hemp oil. Choose organic, grass-fed meat, wild-caught fish, and organic chicken if you consume animal products.

Saturated Fatty Acids

Name	Your value	Reference value	Scale
Saturated Fatty Acids	38.90 %	27.3% - 40%	
Myristic Acid (MA) C14:0	0.70 %	0.2% - 2.4%	
Palmitic acid (PA) C16:0	24.00 %	18.4% - 32.2%	
Stearic acid (SA) C18:0	14.20 %	9.2% - 21.5%	

Saturated fatty acids are a type of fat primarily found in animal products such as meat, butter, and cheese, but they can also be found in various plant oils like coconut oil and palm oil.

The most common sources of saturated fatty acids in the diet include:

- Meat – especially beef and pork
- Dairy products like butter, cheese, and cream
- Some vegetable oils such as coconut and palm oil
- Processed foods that may contain trans fats or hydrogenated fats

Monounsaturated Fatty Acids

Name	Your value	Reference value	Scale
Monounsaturated Fatty Acids	23.60 %	15% - 26%	
Palmitoleic Acid (PLA) C16:1, n7	1.00 %	0.2% - 3.4%	
Oleic acid (OA) C18:1,cis-9	22.60 %	12.6% - 27.6%	

Monounsaturated fatty acids are a type of fat found in many different foods and oils.

The primary sources of monounsaturated fatty acids in the diet include:

- Olive oil and avocado oil
- Nuts and seeds
- Avocado
- Canola oil, the salmon and mackerel

This test does not replace medical consultation. Always seek medical care if you experience serious symptoms.

