HS-Omega-3 Index® Report

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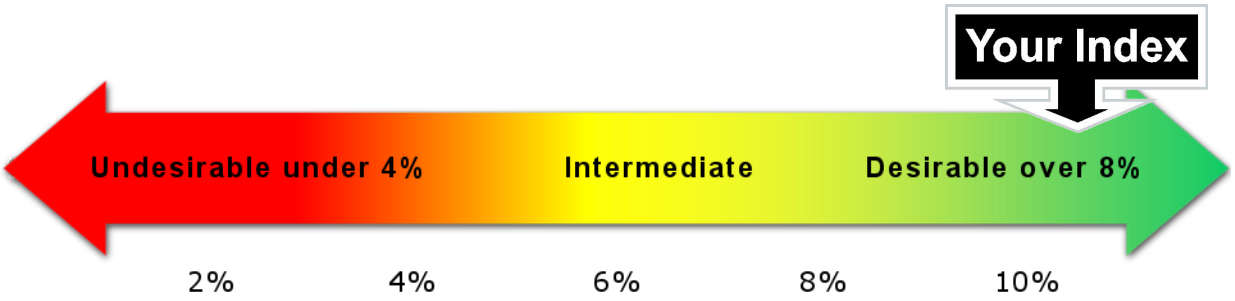
Name: Doe, John
DOB: 05/05/1950
ID: 1548393
Collection Date: January 20, 2011

Result Date: January 17, 2011
Provider: OmegaQuant
Account: Complimentary

HS-Omega-3 Index® = 10.5%

Reference Range*: 0.5% - 10.6%



Your HS-Omega-3 Index is within the target range. You are advised to maintain your current intake of omega-3 fatty acids.

For your reference, the accompanying table shows the EPA and DHA content of many fish as well as fish oil supplements. Those shown in bold are considered oily fish.

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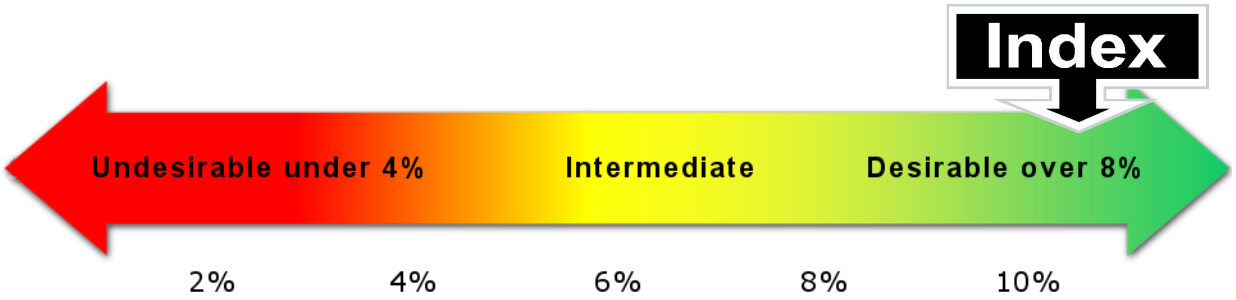

Red Blood Cell Fatty Acid Profile

Omega-3 Fatty Acids		
Alpha-Linolenic	(18:3n3)	0.1 %
Eicosapentaenoic	(EPA, 20:5n3)	2.3 %
Docosapentaenoic-n3	(22:5n3)	3.2 %
Docosahexaenoic	(DHA, 22:6n3)	8.2 %
Range*: 2.6% - 14.3%		Total: 13.8 %

Omega-6 Fatty Acids		
Linoleic	(18:2n6)	12.3 %
Gamma-Linolenic	(18:3n6)	0.1 %
Eicosadienoic	(20:2n6)	0.4 %
Dihomo-y-linolenic	(20:3n6)	1.7 %
Arachidonic	(AA, 20:4n6)	11.2 %
Docosatetraenoic	(22:4n6)	1.6 %
Docosapentaenoic-n6	(22:5n6)	0.3 %
Range*: 25.1% - 36.0%		Total: 27.6 %

Fatty Acids Ratios		
Omega-6:Omega-3	(1.0 – 6.7)*	2.0
AA:EPA	(0.0 – 70.2)*	1.4

cis-Monounsaturated Fatty Acids		
Palmitoleic	(16:1n7)	0.2 %
Oleic	(18:1n9)	16.4 %
Eicosenoic	(20:1n9)	0.2 %
Nervonic	(24:1n9)	0.7 %
Range*: 10.4% - 19.5%		Total: 17.5 %

Saturated Fatty Acids		
Myristic	(14:0)	0.4 %
Palmitic	(16:0)	21.1 %
Stearic	(18:0)	17.1 %
Arachidic	(20:0)	0.2 %
Behenic	(22:0)	0.3 %
Lignoceric	(24:0)	0.7 %
Range*: 36.3% - 43.3%		Total: 39.8 %

Trans Fatty Acids		
Trans Palmitoleic	(16:1n7t)	0.2 %
Trans Oleic	(18:1t)	1.0 %
Trans Linoleic	(18:2n6t)	0.3 %
Range*: 0.1% - 4.1%		Total: 1.5 %

*Reference range is derived from 3,215 subjects (mean age 67 years).
Please visit the FAQs on our website for more information.

The Content of EPA and DHA (in mg) in Commonly Consumed Types of Fish[1] and in Fish Oil Supplements (per 3 oz/85 g serving)

Fish and Seafood	EPA	DHA	EPA+DHA
Atlantic Salmon (farmed)[2]	**587**	**1238**	**1825**
Pacific Herring	**1056**	**751**	**1807**
Atlantic Herring	**773**	**939**	**1712**
Atlantic Salmon (wild)	**349**	**1215**	**1564**
Bluefin Tuna	**309**	**970**	**1279**
Pink Salmon (wild)	**456**	**638**	**1094**
Coho Salmon (farmed)[2]	**347**	**740**	**1087**
Mackerel (canned)	**369**	**677**	**1046**
Sockeye Salmon (wild)	**451**	**595**	**1046**
Chum Salmon (canned)	**402**	**597**	**999**
Rainbow Trout (farmed)[2]	**284**	**697**	**981**
Coho Salmon (wild)	**341**	**559**	**900**
Sardines (canned)	**402**	**433**	**835**
Albacore (or White) Tuna (canned)[3]	**198**	**535**	**733**
Shark (raw)	**267**	**444**	**711**
Swordfish[3]	**117**	**579**	**696**
Sea Bass	**175**	**473**	**648**
Pollock	77	383	460
Flat fish (Flounder/sole)	207	219	426
Blue Crab	207	196	403
Halibut	77	318	395
Oysters (farmed)[2]	195	179	374
King Crab	251	100	351
Walleye	93	245	338
Dungeness Crab	239	96	335
Scallops	141	169	310
Skipjack Tuna	77	201	278
Mixed Shrimp	145	122	267
Clams	117	124	241
Yellowfin Tuna	40	197	237
Light Chunk Tuna	40	190	230
Catfish (wild)	85	116	201
Catfish (farmed)[2]	42	109	151
Cod	3	131	134
Mahi-Mahi (dolphin fish)	22	96	118
Tilapia	4	111	115
Orange Roughy	5	21	26

Dietary Supplements	Amount (mg) per 1,000 mg capsule or per teaspoon		
Standard Drug Store Fish Oil Capsules	180	120	300
Fish Oil Concentrates (many varieties)	100-400	100-400	300-700
Cod Liver Oil (teaspoon)	300	500	800

[1] Based on USDA Nutrient Data Lab values.Values are for fish cooked with dry heat unless otherwise noted.

[2] Although there has been some concern regarding the presence of small amounts of environmental pollutants in some types of farmed fish, the overall health benefit from the omega-3's present in these fish has been calculated to far outweigh the risks. (JAMA. 2006;296:1885-1899)

[3] Because of the possibility for mercury contamination, the FDA and EPA recommend that these fish (along with King Mackerel and Tilefish) not be consumed by women who are already or are trying to become pregnant, nursing mothers, and children under the age of two. For all other people, the intakes of these fish should be limited to 6 oz per week (or 12 oz per week for albacore tuna).

Table adapted from Harris et al. Current Atherosclerosis Reports 2008;10:503-509.

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