

## TEST PATIENT

## TEST PHYSICIAN



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GUa d'Y'HYghBUa Y

Sex : :

DUHY Collected : 00-00-0000

111 H9GH ROAD TEST SUBURB

@AB =8: 00000000 UR#:0000000

DR JOHN DOE

111 CLINIC STF 99H

7@B=7 GI 6I F6J =7" \$\$\$

## INTEGRATIVE MEDICINE

## BLOOD SPOT

Result

Range

Units

## AA/EPA Ratio Blood Spot

13.4 \*H

1.5 - 3.0

RATIO



## Integrative Medicine Comments

## INFLAMMATION INDEX COMMENT

An AA/EPA ratio of 3.0 is deemed acceptable whilst an ideal/optimal ratio is 1.5. The patient needs to be titrated using Omega 3 Essential Fatty Acids to bring the patient to an optimal ratio.

## Supplementation Recommendations:

The following dosages are suggestive guidelines as indicated in the literature:

AA/EPA Ratio	Interpretation
1.5	Ideal
3.0	Good
10	Moderate risk
>15	High risk

Treatment Suggestions	Omega-3 Per Day
Maintenance	2.5g
Improved CV function	5.0g
Chronic pain	7.5g
Neurological disease	10.0g

Tests ordered: AA/EPAbs

(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang