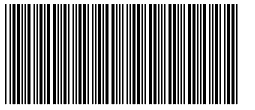


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Enzyme

- α-Linolenic acid (18:3 n-3)
- Eicosatetraenoic acid (20:4 n-3)
- Eicosapentaenoic acid (20:5 n-3)
- Docosapentaenoic acid (22:5 n-3)
- Docosahexaenoic acid (22:6 n-3)



26116-0002

Lab ID
Patient ID P000060
Ext ID 26116-0002

Test Patient

Sex: Female • 56yrs • 01-Jan-70
123 Home Street, Test Suburb VIC 3125

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TEST	RESULT	H/L	REFERENCE	UNITS
Saturated Fats, Total	37.38		(29.89-42.10)	%
Monounsaturated Fats, Total	18.57		(15.65-31.82)	%
Omega 3 Fatty Acids, Total	7.00		(2.57-15.15)	%
Omega 6 Fatty Acids, Total	36.36		(24.85-44.15)	%
Omega 3/Omega 6 Ratio	0.19		(0.07-5.30)	ratio
AA/EPA Ratio	28.92		(1.10-30.00)	ratio
Omega 3 Index	5.12		(>4.00)	%
Delta 6 Desaturase Activity (LA/DGLA)	7.95		(6.00-25.00)	ratio

TEST	RESULT	H/L	REFERENCE	UNITS
alpha-Linolenic (ALA) C18:3 n-3	0.27		(0.10-1.90)	%
Eicosapentaenoic (EPA) 20:5n3	0.49		(0.14-6.92)	%
Docosapentaenoic (DPA) 22:5 n3	1.65		(0.53-2.81)	%
Docosahexaenoic (DHA) 22:6 n3	4.59		(1.00-6.50)	%
Total Omega 3 Fatty Acids	7.00		(2.57-15.15)	%

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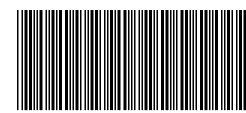
TEST	RESULT	H/L	REFERENCE	UNITS
Total Omega 9 Fatty Acids	2.30	L	(16.00-27.00)	%

SATURATED FATTY ACIDS

TEST	RESULT	H/L		REFERENCE	UNITS
Myristic C14:0	0.62			(0.10-2.45)	%
Pentadecyclic C15:0	0.18			(0.05-0.30)	%
Palmitic C16:0	20.99			(17.50-27.10)	%
Margaric C17:0	0.35			(0.14-0.45)	%
Stearic C18:0	12.86			(8.40-15.00)	%
Arachidic C20:0	0.18			(0.10-0.53)	%
Behenic C22:0	0.57			(0.20-1.59)	%
Lignoceric C24:0	1.63			(0.20-1.92)	%
Total Saturated Fatty Acids	37.38			(29.89-42.10)	%

TRANS FATTY ACIDS

[illegible]



Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test Suburb Victoria 3125

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RED CELL FATTY ACIDS COMMENTS

LOW C18:1 n-9 (OLEIC ACID):

Oleic acid (C18:1 n-9) is a monounsaturated fat commonly found in olive oil, avocado, and many nuts. It is one of the most well-known healthy fats and has been associated with heart health. Oleic acid helps lower levels of LDL (bad) cholesterol while maintaining or increasing HDL (good) cholesterol. It also has anti-inflammatory properties and supports healthy cell function. Including sources of oleic acid in your diet is a good way to promote heart health and overall well-being.

ELEVATED TOTAL OMEGA 9 FATTY ACIDS:

Total omega-9 fatty acids, such as oleic acid, gondoic acid, and nervonic acid, are important monounsaturated fats that contribute to cardiovascular health, inflammation regulation, and cell membrane structure. Omega-9 fatty acids have been shown to lower LDL cholesterol and increase HDL cholesterol, reducing the risk of heart disease. Additionally, these fatty acids play key roles in metabolic health, supporting insulin sensitivity, and reducing inflammation. An elevated intake of omega-9 fatty acids is beneficial for long-term health and may help prevent chronic conditions such as cardiovascular disease, diabetes, and cognitive decline.

Methodology

Gas Chromatography-MS (GC/MS)