NUTRIPATH

Nutritional Analysis

ESSENTIAL FATTY ACID (RED CELL) - Test Code 5011

Turnaround Time: 12-14 business days

Specimen Type: 1x EDTA or Blood Spot (Fasting)

Description

Imbalances in fatty acids can contribute to various chronic health conditions. Over the past 30 years, Western diets have seen a drop in total fat and saturated fat as a share of total calories, while omega-6 fatty acid intake has increased and omega-3 intake has decreased (Simopoulos, 2016). This shift has pushed the omega-6/omega-3 ratio from a balanced 1:1 during evolution to as high as 20:1 today, coinciding with a rise in overweight and obesity rates (Simopoulos, 2016).

Studies suggest omega-6 and omega-3 fats affect body fat differently by influencing fat cell development, fat tissue function, metabolism and inflammation (Simopoulos, 2016). Higher omega-6 levels and an imbalanced omega-6/omega-3 ratio are linked to a greater risk of obesity, whereas higher omega-3 levels reduce this risk (Simopoulos, 2016). Research shows that a high omega-6/omega-3 ratio can drive obesity through inflammatory pathways, but increasing omega-3 intake, particularly Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), can help rebalance this and support weight management (Simopoulos, 2016). Maintaining a healthy balance of omega-6 and omega-3 is crucial for preventing and managing obesity (Simopoulos, 2016).

Understanding and measuring fatty acid profiles is vital for maintaining health and preventing chronic diseases. By evaluating these levels, individuals can make informed decisions regarding their dietary habits and achieve better health outcomes.

Whats included?

- Saturated & Monounsaturated fats
- Trans fats & Trans fat Index
- Omega-3, 6 & 9
- AA:EPA

*Scan the QR code to view all markers

Conditions and Symptoms

- Inflammation
- Cardiovascular disease
- Brain and Cognitive health
- Assessing Omega 3 to Omega 6 balance
- Skin health
- Pregnancy and foetal development

Complementary Testing

- Advanced Neurotransmitter Profile (Test code 4036)
- Cardiovascular Profile Comprehensive 2 (Test code 4027)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*

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For more information scan the QR code

*See NATA and CLIA website for further details