



## OMEGA 3 INDEX (RED CELL) - Test Code 5029



Turnaround Time: 12-14 Business Days



Specimen Type: EDTA Blood or Blood Spot (Fasting)

### Description

The Omega-3 Index (Red Cell) is a blood test that measures the levels of two important omega-3 fatty acids—EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)—in red blood cells (Tani et al., 2019). These essential fatty acids are primarily obtained from fatty fish and some plant-based sources and they play a vital role in cardiovascular health, brain function and inflammation regulation (Tani et al., 2019). Maintaining a healthy omega-3 index is associated with a reduced risk of heart disease, stroke and other chronic health conditions (Simopoulos, 2016; Tani et al., 2019).

This panel provides a more accurate reflection of long-term omega-3 fatty acid status compared to plasma or serum tests. This is because omega-3 fatty acids are incorporated into the membranes of red blood cells, providing a stable, long-term indicator of the body's omega-3 levels. Higher omega-3 levels in red blood cells are generally linked to improved health outcomes, including better cognitive function and lower inflammation (Simopoulos, 2016). Conversely, a low Omega-3 Index indicates insufficient intake or low levels of these essential fats, which can increase the risk of developing chronic diseases (Simopoulos, 2016).

This test is useful for monitoring the effectiveness of omega-3 supplementation or dietary changes, allowing healthcare providers to make more informed recommendations about nutrition and heart health.

### Whats included?

- Total sat. fats, Total monosaturated fats, Total omega 3, 6 & 9, EPA, DHA

### Conditions and Symptoms

- Dry or Irritated skin
- Joint pain and stiffness
- Mood disorders
- Difficulty conceiving
- Inflammation
- Cognitive decline
- Dry eye or Poor vision

### Complementary Testing

- Cardiovascular Profile Comprehensive 2 (Test code 4027)
- Cytokine Panel (Test code 4004)

### Accreditations Include:

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



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