



# SAMPLE REPORT

09-May-1990 Female

16 HARKER STREET  
BURWOOD VIC 3125

P: 1300 688 522  
E: info@nutripath.com.au

Dr.SAMPLE REPORT  
TEST HEALTH CENTRE  
123 TEST STREET  
BURWOOD VIC 3125

LAB ID : 3814184  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814184

## INTEGRATIVE MEDICINE

BLOOD SPOT	Result	Range	Units
AA/EPA Ratio Blood Spot	22.0		RATIO

### Essential Fatty Acids Comment

#### 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