

# SAMPLE REPORT

## 09-May-1990 Female

16 HARKER STREET  
BURWOOD VIC 3125

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

LAB ID : 3814186  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814186

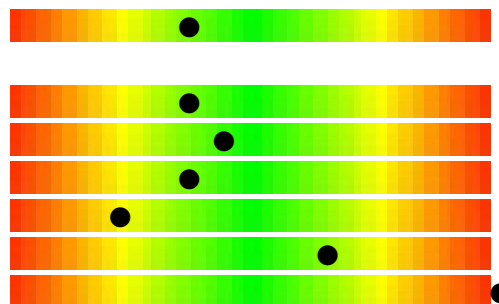
### INTEGRATIVE MEDICINE

BLOOD - EDTA

Result Range Units

#### OMEGA 3 INDEX PROFILE

Omega 6/Omega 3 Ratio	4.3	1.9 - 14.6	RATIO
OMEGA 3 INDEX	6.96		%
Eicosapentanoic Acid	2.17	0.14 - 6.92	%
Docosahexanoic Acid	2.78	1.00 - 6.50	%
Total Omega 3 Fatty acids	6.05	2.57 - 15.15	%
Total Omega 6 Fatty Acids	26.02	24.85 - 44.15	%
Total Monounsaturated Fats	27.76	15.65 - 31.82	%
Total Omega 9 Fatty Acids	27.73 *H	16.00 - 20.60	%
Total Saturated Fats	39.30		%



#### Essential Fatty Acids Comment

#### OMEGA 3 INDEX:

The biomarker, Omega 3 Index, has been derived from the accepted principle that the RBC membranes reflect cardiac membrane omega 3 FA content.

As supplementation of omega 3 FAs (in particular EPA and DHA) is known to reduce the risk of CHD, the Omega 3 Index expresses the sum of the EPA and DHA as a percentage of the total identified fatty acids.

An Omega 3 Index greater than 8% is deemed to be desirable (Cardioprotective).

An Omega 3 Index between 4 and 8 % is deemed acceptable.

An Omega 3 Index less than 4% is deemed to be undesirable (High Risk).

Tests ordered: Om3InPr

(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang