

Patient Information	Specimen Information	Client Information
DOB: AGE: Gender: Patient ID: Health ID:	Specimen: Collected: Received: Reported:	

OMEGA-3 (EPA+DHA) INDEX REPORT

RISK		
High (<2.2%)	Moderate (2.2%-3.2%)	Low (>3.2%)
	✓	
<p>The Omega-3 Index is associated with a moderate risk of cardiovascular disease because it is in the central two population quartiles. The Omega-3 Index categories are based on the top (75th percentile) and bottom (25th percentile) quartiles of the reference population. Consumption of foods high in omega-3 fatty acids (EPA and DHA) or supplements containing omega-3 fatty acids can increase the Omega-3 Index.</p> <p>Index <2.2: High Index 2.2-3.2: Moderate Index >3.2: Low</p>		

Test Name	In Range	Out of Range	Reference Range/Comments
OMEGA 3 AND 6 FATTY ACIDS, PLASMA			Lab: EZ
OMEGA 3 (EPA+DHA) INDEX	2.4		1.4-4.9 % See Note 1
OMEGA 6/OMEGA 3 RATIO	9.4		5.7-21.3
EPA/ARACHIDONIC ACID RATIO	0.1		0.2 OR LESS
ARACHIDONIC ACID	6.0		5.2-12.9 %
EPA	0.6		0.2-1.5 %
DHA	1.7		1.2-3.9 % See Note 2

Foods High in Omega-3*			
Fish	Oils	Nuts and Seeds	Grains and Beans
Salmon	Walnut	Walnuts	Soybeans
Mackerel	Soybean	Flax seeds	Tofu
Sardines	Flax	Pecans	
Swordfish	Canola		
Bluefish	Cod liver		
Crab	Olive		
Cod	Sardine		
Scallops			

* Adapted from http://www.tufts.edu/med/nutrition-infection/hiv/health_omega3.html, March 13, 2012

- Note 1 Risk: Optimal > 3.2%; Moderate 2.2-3.2%; High < 2.2%
 Cardiovascular event risk category cut points for Omega3 index (optimal, moderate, high) are based on quartiles of adult U.S reference population. Association between Omega3 index and cardiovascular events is based on Albert et al. NEJM. 2002;346:1113.
- Note 2 This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute San Juan Capistrano. It has not been cleared or approved by FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

PERFORMING SITE:

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