

NAME		COLLECTION DATE	14/11/2018
DOB	--/--/--	ACCEPTANCE DATE	14/11/2018
ID		RESULTDATE	30/11/2018

Dried Blood Spot Fatty Acid Profile

Fatty Acid Group	Total	Reference Range
Omega-3 Fatty Acids	6,82	4,32-11,54%
<i>Alpha-Linolenic (18:3n3)</i>	0,24	0.05-1.50
<i>Eicosapentaenoic (EPA, 20:5n3)</i>	1,57	0.05-3.09
<i>Docosapentaenoic-n3 (22:5n3)</i>	1,10	0.03-2.71
<i>Docosahexaenoic (DHA, 22:6n3)</i>	3,91	0.58-5.00
Omega-6 Fatty Acids	38,03	30,48-40,23%
<i>Linoleic (18:2n6)</i>	25,95	7.25-27.87
<i>Gamma-Linolenic (18:3n6)</i>	0,40	0.09-0.37
<i>Eicosadienoic (20:2n6)</i>	0,25	0.21-0.47
<i>Dihomo-γ-linolenic (20:3n6)</i>	1,22	0.42-2.97
<i>Arachidonic (AA, 20:4n6)</i>	9,43	3.08-13.06
<i>Docosatetraenoic (22:4n6)</i>	0,62	0.06-4.54
<i>Docosapentaenoic-n6 (22:5n6)</i>	0,15	0.19-0.77
Cis-Monounsaturated Fatty Acids	19,20	19.39-38.51%
<i>Palmitoleic (16:1n7)</i>	0,62	0.01-3.83
<i>Oleic (18:1n9)</i>	16,69	13.87-32.81
<i>Eicosenoic (20:1n9)</i>	0,24	0.05-0.64
<i>Nervonic (24:1n9)</i>	1,65	1.05-7.12
Saturated Fatty Acids	35,18	31.17-56.91%
<i>Myristic (14:0)</i>	0,83	0.01-2.27
<i>Palmitic (16:0)</i>	21,44	11.27-31.75
<i>Stearic (18:0)</i>	11,88	8.56-17.28
<i>Lignoceric (24:0)</i>	1,03	0.81-4.39
Trans Fatty Acids	0,66	0,0-2,33%
<i>Trans Palmitoleic (16:1n7t)</i>	0,16	0.0-0.40
<i>Trans Oleic (18:1t)</i>	0,11	0.0-0.30
<i>Trans Linoleic (18:2n6t)</i>	0,39	0.0-0.40
SFA/MUFA	1,83	
Trans Fat Index	0,50	
Omega-3 Index	6,60	
AA/EPA	6,03	



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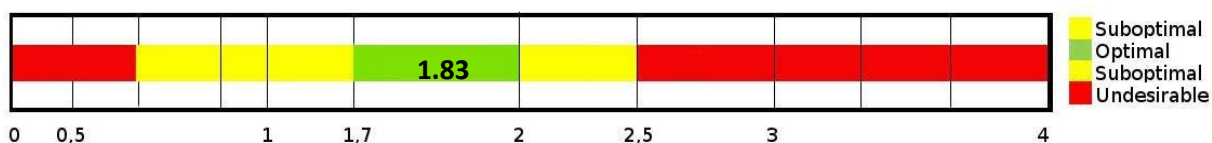
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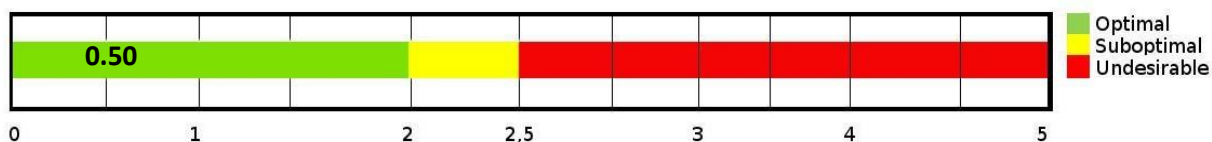
RESULTDATE 30/11/2018

Fatty Acid	Status	Result	Comments
SFA/MUFA	Optimal	1,83	From 1.7 to 2 = lowest risk sudden MI
Trans Fat Index	Optimal	0,50	From 0% to 2% = lowest risk sudden MI
Omega-3 Index	Intermediate Risk	6,60	> 8% = lowest risk sudden MI
AA/EPA	Suboptimal	6,03	From 1.5 to 3 = ideal range

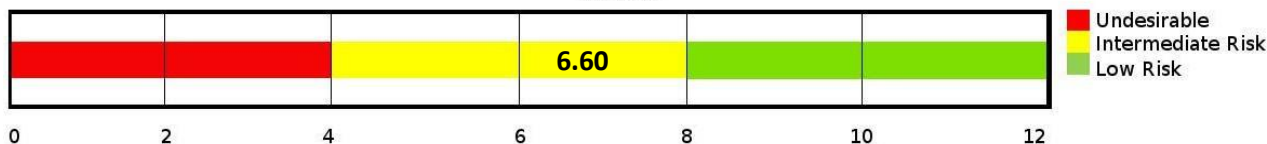
SFA/MUFA



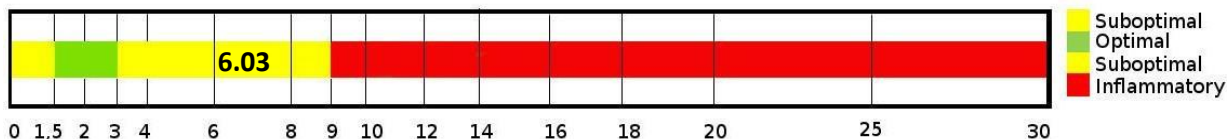
Trans Fat Index



Omega-3 Index



AA/EPA Ratio



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SFA/MUFA	1.83	0,5 - 1,7 and 2 - 2,5 =Suboptimal 1,7 - 2 =Optimal 0 - 0,5 and 2,5 - 4 = Undesirable
Trans Fat Index	0,50	2 - 2,5=Suboptimal 0 - 2=Optimal 2,5 - 5 = Undesirable
Omega 3 Index	6.60	0 - 4 =Undesirable 4 - 8 =Suboptimal 8 - 12 =Low Risk
AA / EPA	6.03	1,5 - 3 =Ideal Range
Omega 6/Omega3	5.57	3,5 - 5,5 = Idealrange

The reference ranges refer to healthy controls described in: Trattato di medicina di laboratorio – Diagnostica molecolare nella medicina di laboratorio IX Volume, Cap.19 Piccini, 2009.

The reference ranges for the Omega-3 index are described in: Harris SW Pharmacol.res.2007 and refer to people without cardiovascular disease.

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