



Accession Number: **A0907210215**
 Reference Number:
 Patient: Sample Report
 Age: 47 Sex: Female
 Date of Birth: 02/05/1962
 Date Collected: 7/20/09
 Date Received: 7/21/09
 Report Date: 7/21/09
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 Reprinted: 9/4/09
 Comment:

Ordering Physician:

Metametrix

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 Duluth, GA 30096

0241 Bloodspot Fatty Acid Profile

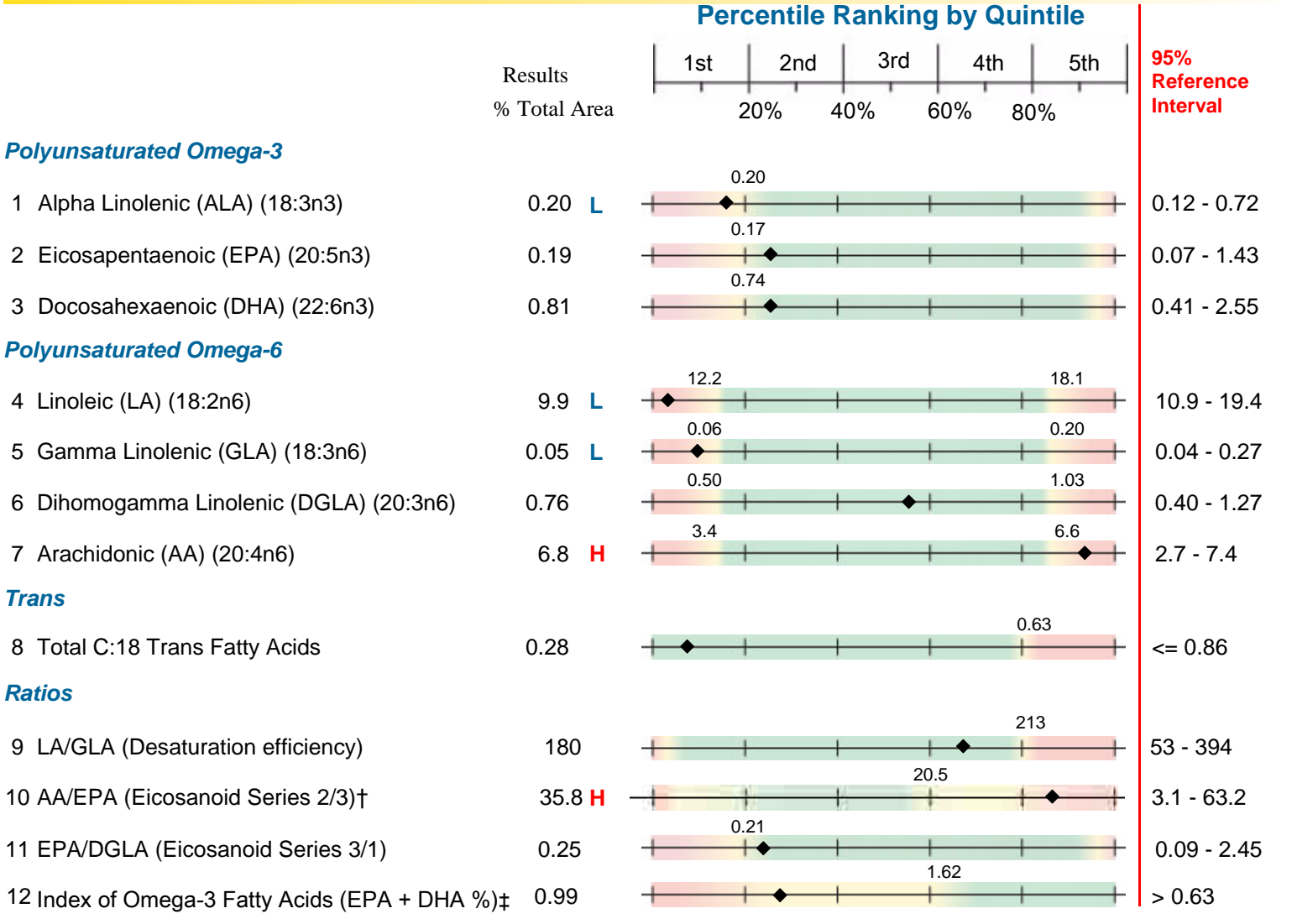
Summary of abnormal results:

	<u>Findings</u>	<u>Intervention Options</u>	<u>Metabolic Association</u>
Polyunsaturated Omega 3			
Alpha Linolenic (18:3n3)	Low	Flax oil	Essential fatty acid; precursor to EPA
Polyunsaturated Omega 6			
Linoleic (18:2n6)	Very Low	Sunflower or organic canola oils	Essential fatty acid; Low membrane fluidity
Gamma Linolenic (18:3n6)	Low	Evening primrose or borage oils	Neuropathology and behavioral disorders
Arachidonic (20:4n6)	High	Reduce red meats and LA and GLA sources	Excessive class 2 eicosanoid cell controls
Trans			
No Abnormality Found			
Ratios			
AA/EPA	High	Fish oils or extracts	Omega-3 insufficiency; Pro-inflammatory status

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Methodology: Capillary Gas Chromatography/Mass Spectrometry



†Sears, B. *Toxic Fat: When Good Fat Turns Bad*. 1st ed. Nashville, TN: Thomas Nelson; 2008.

‡Harris, WS. Omega - 3 fatty acids and cardiovascular disease: A case for omega-3 index as a new risk factor. *Pharmacological Research* 2007; 55:217-223.

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.

Supplement Recommendation Summary

With knowledge of a patient's full medical history and concerns, the Bloodspot Fatty Acid Profile laboratory results may be used to help healthcare professionals create an individually optimized nutritional support program. Based strictly on the results from this test, the summary table below shows estimates of nutrient doses that may help to normalize nutrient-dependent metabolic functions. All amounts are adult doses that should be adjusted for children according to body weight and indication of need.

Evening Primrose or Borage Oil	4 gm
Fish Oil	3 gm
Flaxseed Oil	3 gm
Sunflower or organic Canola Oil	5 gm