

FATTY ACIDS

	In Range	Out of Range	Flag**	Relative Risk	Optimal Range	Units	Previous Result	Date
OmegaCheck™ (Whole Blood: EPA+DPA+DHA) ⁽¹⁾		3.4	L	HIGH	≥ 5.5	% by wt		
<p>The risk categories for OmegaCheck are based on the top (75th percentile) and the bottom (25th percentile) quartiles of the CHL reference population. Consumption of foods rich in omega-3 fatty acids or supplements containing omega-3 fatty acids (EPA, DHA or DPA) may increase omega-3 fatty acid levels measured by OmegaCheck, and decrease the risk of sudden death due to cardiovascular disease.* The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. *Albert CM et al. N Engl J Med. 2001; 346; 1113-1118.</p>								
Arachidonic Acid/EPA Ratio		25.5	H		< 5.0			
Omega-6/Omega-3 Ratio		12.7	H		< 4.5			
Omega-3 total	3.4					% by wt		
EPA		0.4	L		> 2.0	% by wt		
DPA		0.8	L		> 1.0	% by wt		
DHA		2.2	L		> 4.0	% by wt		
Omega-6 total	43.1					% by wt		
Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.								
Arachidonic Acid		10.2	H		< 9.0	% by wt		
Linoleic Acid		29.5	H		< 20.0	% by wt		

OUT OF RANGE RESULTS SUMMARY

	Result	Flag**	Relative Risk	Optimal Range	Units	Previous Result	Date
Arachidonic Acid/EPA Ratio	25.5	H		< 5.0			
Omega-6/Omega-3 Ratio	12.7	H		< 4.5			
EPA	0.4	L		> 2.0	% by wt		
DPA	0.8	L		> 1.0	% by wt		
DHA	2.2	L		> 4.0	% by wt		
Arachidonic Acid	10.2	H		< 9.0	% by wt		
Linoleic Acid	29.5	H		< 20.0	% by wt		

⁽¹⁾ This test is performed by a Liquid Chromatography-Tandem Mass Spectrometry (LC/MS/MS) method. This test was developed and its performance characteristics determined by the Cleveland HeartLab, Inc. It has not been cleared or approved by the U.S. FDA. The Cleveland HeartLab is regulated under Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.

**Flags: H = Out of Range High; L = Out of Range Low; CH = Critical High; CL = Critical Low

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