

OMEGA-3 INDEX REPORT

NAME: Doe, Jane
DOB: 01/01/1978
ID: JDoe

COLLECTION DATE: 1/3/14
RESULT DATE: 1/8/14
PROVIDER: John Smith, MD
ACCOUNT: OMQ

Your Index

11.0%

Reference Range*: 2.5%–11.8%



* Reference Ranges encompass about 99% of US adults. Visit our FAQ section for more information on Ratios and Ranges.

Your Omega-3 Index is in the desirable range of over 8%. You are advised to maintain your current intake of omega-3 fatty acids.

Many studies have shown that people with higher (vs. lower) omega-3 index levels are at decreased risk for a variety of diseases. These include heart disease, stroke, dementia, and depression to name a few. These people even live longer than those with lower levels. Raising your omega-3 index and keeping it up should help reduce your risk these conditions.

Omega-3 fatty acids are found primarily in fish, especially “oily” fish such as those near the top in the accompanying table. The two most important omega-3 fatty acids are EPA and DHA.

It should be noted that omega-3 fatty acids from flaxseed oil (alpha-linolenic acid, or ALA) will have little to no effect on your Omega-3 Index. Therefore, ALA is not an effective substitute for EPA and DHA.

To make sure your Omega-3 Index remains in the target range you should re-check it every six months.