



PATIENT: **Sample Report**

TEST REF: **#####**

TEST NUMBER: #####
PATIENT NUMBER: #####
GENDER: Male
AGE: XX
DATE OF BIRTH: mm/dd/yyyy

COLLECTED: mm/dd/yyyy
RECEIVED: mm/dd/yyyy
TESTED: mm/dd/yyyy

PRACTITIONER: #####
ADDRESS: #####

TEST NAME: Bloodspot Fatty Acids



Please note that the Supplement Recommendation Summary is currently under redevelopment and not included with this report. We expect to provide an update soon.

Nordic Laboratories Aps

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AGE: XX

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TEST NAME: Bloodspot Fatty Acids**0241 Bloodspot Fatty Acids Profile**

Methodology: Capillary Gas Chromatography/Mass Spectrometry

Summary of Abnormal Results

	Findings	Intervention Options	Common Metabolic Association
Polyunsaturated Omega-3			
Alpha Linolenic (18:3n3)	↓	Fish oils or extracts	Impaired nerve function (esp. the eye)
Polyunsaturated Omega-6			
Linoleic (18:2n6)	↓	Sunflower or organic canola oils	Essential fatty acid; Low membrane fluidity
Dihomogamma Linolenic (20:3n6)	↓	Use GLA sources	Insufficient class 1 eicosanoid cell controls
Arachidonic (20:4n6)	↓	Use LA or GLA sources	Insufficient class 2 eicosanoid cell controls
Trans			
Total C:18 Trans	↑	Avoid hydrogenated oils	Hyperlipidemia and degenerative diseases
Ratios			
Index of Omega-3 Fatty Acids	↓	Fish oils or extracts	Omega-3 insufficiency

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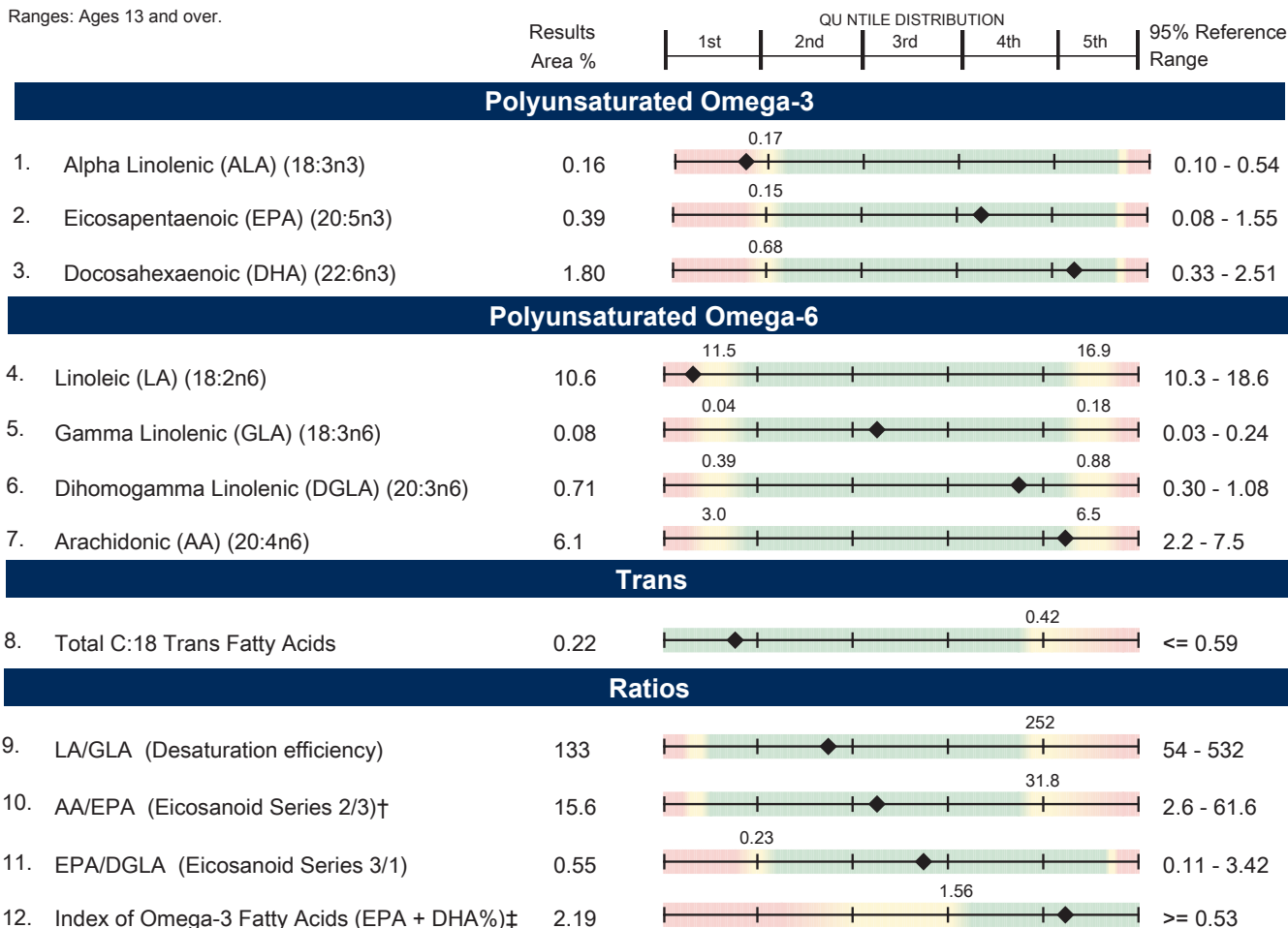
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PRACTITIONER: #####
 ADDRESS: #####

TEST NAME: Bloodspot Fatty Acids
0241 Bloodspot Fatty Acids Profile

Methodology: Capillary Gas Chromatography/Mass Spectrometry

Ranges: Ages 13 and over.



† 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.



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Other items indicated for individual supplementation

Supplement Recommendations are currently unavailable.

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