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The Holman Omega 3 Test Report
www.Omega3Test.com

	Result (%)	Typical USA% Control	Percent of Control (%)	Target
Total Omega 3 Score	8.0	4.8	166	> 9%
% Omega 3 in HUFA	39	24	167	> 50%
% Omega 6 in HUFA	61	76	80	< 50%
Omega 6/Omega 3 Ratio	4.6	8.1 to 1	57	< 5:1
AA/EPA Ratio	4.4	18.3 to 1	24	< 5:1
Omega 3 Family				
ALA (18:3ω3)	0.9	0.5	176	
EPA (20:5ω3)	2.1	0.6	354	> 3%
DPA (22:5ω3)	1.4	1.0	143	> 1%
DHA (22:6ω3)	3.6	2.6	139	> 4%
Omega 6 Family				
Total Omega 6 Score	36.7	39.0	94	
LA (18:2ω6)	25.3	25.1	101	
DGLA (20:3ω6)	1.0	1.3	78	
AA (20:4ω6)	9.1	10.8	84	

Omega 3 Family

ALA = alpha Linolenic acid (Plant Omega 3)
 EPA = Eicosapentaenoic Acid (Marine Omega 3)
 DPA = Docosapentaenoic Acid (Marine Omega 3)
 DHA = Docosahexaenoic Acid (Marine Omega 3)
 Omega 3 Score = ALA, EPA, DPA, DHA

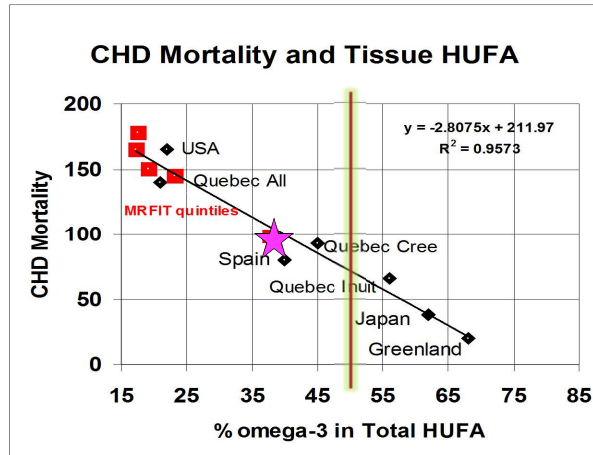
Omega 6 Family

LA = Linoleic Acid (Plant based omega 6 ; soybean oil, walnuts)
 DGLA = dihomo-gamma-linolenic Acid
 AA = Arachidonic Acid

The FDA has not evaluated these statements. This product is not meant to treat, diagnose or cure disease. It is solely for informational purposes only. Consult a healthcare provider for interpretation. This test was developed and its performance characteristics determined by Lipid Technologies, LLC. It has not been cleared or approved by the US Food and Drug Administration (FDA). Results of this test are for investigational purposes only. The results should not be used as a diagnostic procedure without confirmation of the diagnosis by another medically diagnostic product or procedure. Reported fatty acid data may be subject to trace contamination and error as other fatty acids may not separate from reported fatty acids during instrument analysis or due to inherent method standard error.

Omega 3 in HUFA = 39 %

★ You



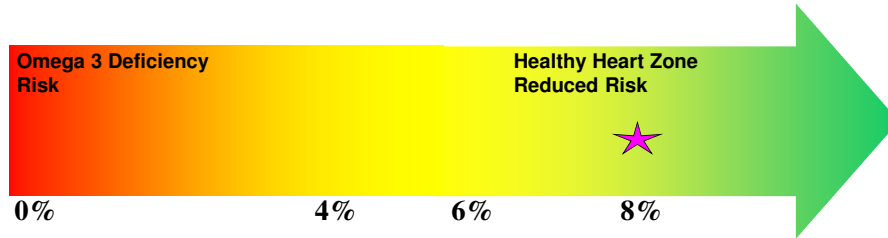
US Average = 24% Optimal > 50%

LANDS' Figure: Coronary Heart Disease (CHD) Mortality versus % of omega 3 in HUFA. HUFA stands for Highly Unsaturated Fatty Acids. HUFA are the precursors of hormone like compounds call eicosanoids or prostaglandins that drive inflammation.

In the figure, as the % in omega 3 HUFA INCREASES there is a strong linear reduction in CHD mortality. This is based on studies done in various populations and based on research by Dr Bill Lands. The target score for this test is 50% (or higher) which represents a balance of omega 3 and omega 6 per Dr Lands.

Omega 6 HUFA are potent mediators of inflammation while Omega 3 HUFA are less so. Omega 3 HUFA compete with Omega 6 HUFA based on Dr Lands' research. Omega 3 HUFA are thus seen as anti-inflammatory.

Total Omega 3 8.0 % US Average 4.8%
Desired >9%: correlates with a 90% risk reduction for sudden cardiac death (Albert et al)



How Much Omega 3 should I try to get in my diet?
Experts recommend eating 1000mg to 2000mg of EPA and DHA per day and 2000mg of ALA per day with fish, fish oil and ground flax seed. Your provider may recommend more or less. Green vegetables are also a good source of plant based omega 3. Vegetables typically have a balanced ratio of omega 3 and omega 6 and are also a rich source of antioxidants, fiber and nutrients. Experts also recommend avoiding omega 6 rich oils like soybean, corn, peanut and safflower that compete with omega 3 for metabolism.

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