

Ordering Physician:

John Doe, MD

**1234 Main St.
Anywhere, GA 30096**

Accession #: **A1203080345**
Order #: G1234567
Reference #:
Patient: **Sample Report**
Date of Birth: 02/05/1962
Age: 50
Sex: Female
Reprinted: 07/10/2013
Comment:

Date Collected: 03/07/2012
Date Received: 03/08/2012
Date of Report: 03/08/2012
Telephone: 7704464583
Fax: 7704412237



0241 Bloodspot Fatty Acids Profile

Methodology: Capillary Gas Chromatography/Mass Spectroscopy

Fatty Acids Interpretive Guide

For interpretive information, visit www.metametrix.com/files/test-menu/interpretive-guides/Fatty-Acids-IG.pdf

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Summary of abnormal results:

	<u>Findings</u>	<u>Intervention Options</u>	<u>Metabolic Association</u>
Polyunsaturated Omega 3			
Docosahexaenoic (22:6n3)	Low	Fish oils or extracts	Impaired nerve function (esp. the eye)
Polyunsaturated Omega 6			
Linoleic (18:2n6)	Low	Sunflower or organic canola oils	Essential fatty acid; Low membrane fluidity
Trans			
No Abnormality Found			
Ratios			
Index of Omega-3 Fatty Acids	Low	Fish oils or extracts	Omega-3 insufficiency

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Ranges are for ages 13 and over



Polyunsaturated Omega-3

Item	Results Area %	Quintile Ranking	95% Reference Range
1. Alpha Linolenic (ALA) (18:3n3)	0.36	0.17	0.10-0.54
2. Eicosapentaenoic (EPA) (20:5n3)	0.90	0.15	0.08-1.55
3. Docosahexaenoic (DHA) (22:6n3)	0.58 L	0.68	0.33-2.51

Polyunsaturated Omega-6

Item	Results Area %	Quintile Ranking	95% Reference Range
4. Linoleic (LA) (18:2n6)	10.7 L	11.5, 16.9	10.3-18.6
5. Gamma Linolenic (GLA) (18:3n6)	0.05	0.04, 0.18	0.03-0.24
6. Dihomogamma Linolenic (DGLA) (20:3n6)	0.68	0.39, 0.88	0.30-1.08
7. Arachidonic (AA) (20:4n6)	3.2	3.0, 6.5	2.2-7.5

Trans

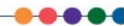
Item	Results Area %	Quintile Ranking	95% Reference Range
8. Total C:18 Trans Fatty Acids	0.31	0.42	<= 0.69

Ratios

Item	Results Area %	Quintile Ranking	95% Reference Range
9. LA/GLA (Desaturation efficiency)	198	252	54-532
10. AA/EPA (Eicosanoid Series 2/3)†	3.5	31.8	2.6-61.6
11. EPA/DGLA (Eicosanoid Series 3/1)	1.32	0.23	0.11-3.42
12. Index of Omega-3 Fatty Acids (EPA + DHA%)‡	1.48 L	1.56	> 0.45

†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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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. If no supplements are needed no summary table will appear below.

Fish Oil	3 gm
Sunflower or organic Canola Oil	5 gm