

Report downloaded: 16:05, Mon 19 Jun 2023

MonitorYou Service requested by: Jane Hall <j.h@gmail.com>

Person providing sample	Contact details	Sample date & details
Jane Hall	Jane Hall	22:31, Tue 13 Jun 2023
DOB: 30 May 1975 (48 years)	Email: j.h@gmail.com	SAM-ID: 99990035
Gender: Female	Phone: 0412345678	Ship-IF: SO002754
	Mobile:	Type: Dried Blood Spot
PBT-ID: T29290	PRT-ID: T29290	Received: 2023-06-18
		Fasting: Non-Fasting
Your results are:		Reported: 2023-06-21, 05:15
Omega-3 Index:	4.8 %	Analyte: Omega-3 Index
		Method: GC-MS/MS
		Analysed: 2023-06-21, 05:00
Trans Fat Index:	Less than or equal to 1.0 %	Analyte: Trans Fat Index
		Method: GC-MS/MS
		Analysed: 2023-06-21, 05:00
AA:EPA:	7.3:1	Analyte: AA:EPA
		Method: GC-MS/MS
		Analysed: 2023-06-21, 05:00

Target ranges for Omega Fatty Acids

Omega-3 index of:

Could indicate:

Less than **4.0%**

You have low Omega-3. You could consider Improving your Omega-3 intake

4.0 – 8.0%

You have an acceptable Omega-3 intake, but there is room for improvement

Greater than **8.0%**

You have an optimal Omega-3 intake

A Trans Fat Index of:

Could indicate:

Less than or equal to **1.0%**

You are in the optimal range

Greater than **1.0%**

Your trans fats intake is high. You could consider lowering your intake of Trans Fats

SID: 20230621050000-9935-S0 UID: T29290-T29290

An AA:EPA ratio of:

Could indicate:

Less than or equal to 1.5:1	You are in the optimal range
Between 1.5:1 – 10:1	You have an acceptable ratio, but there is room for improvement
Greater than or equal to 10:1	You have a high ratio. You could consider increasing your Omega-3 intake

Important information about Omega Fatty Acid results

These results are not medical advice and may not be relied on for any diagnostic or therapeutic purposes. The results should be discussed with your doctor when seeking specific medical advice based on your individual circumstances.

The optimal omega fatty acid target ranges for health have not been established by the research and medical community. The **target ranges we provide are indicators only**. The **Heart Foundation** and the **American Heart Association (AHA)** recommends a consistent diet of seafood, an increase in plant-based Omega-3s and **reducing intake of trans fats to reduce your risk of heart disease**. Aiming for the target ranges provided will assist you to maintain good health.

Understanding Omega Fatty Acid results

Results from different laboratories can and do vary. MonitorYou results may differ from other labs, which should be considered if comparing to results from other labs. For more information watch the video on <https://www.patientpower.info>.

For more information on the interpretation of this result and the MonitorYou Omega Fatty Acid analysis please see the [MonitorYou website](#).

The measurement of Omega Fatty Acids in dried blood spots is comparable to those from traditional methods of blood analysis. However, your result may be different based on the following:

- Your sample may have been collected inappropriately, contaminated or affected during transport
- You may have a medical condition or be taking medication that has an effect on the Dried Blood Spot analysis

If your result is within the normal range provided but you are experiencing symptoms, please see your doctor.

Questions? Contact our Customer Service Team

Phone: [+61 2 6145 2147](tel:+61261452147)

Email: info@monitoryou.com

Or find answers on our website at www.monitoryou.com

Other useful resources

Below are some useful resources with more information on Omega Fatty Acids.

Heart Foundation – Q/A Fish & Omega-3

https://www.heartfoundation.org.au/getmedia/4adbe011-db9a-4777-8a99-db6365e27cb1/Consumer_QA_Fish_Omega3_Cardiovascular_Health.pdf

NIH – Omega-3 Fatty Acids

<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

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