

TEST NUMBER: #####
PATIENT NUMBER: #####
GENDER: Female
AGE: 58
DATE OF BIRTH: dd-mm-yyyy

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

PRACTITIONER: Nordic Laboratories
ADDRESS:
TEST NAME: Essential & Metabolic Fatty Acids Analysis (G)

Essential and Metabolic Fatty Acids Analysis (RBCs)

Omega 3 Fatty Acids

Analyte	(cold water fish, flax, walnut)	Reference Range
α-Linolenic (ALA) 18:3 n3	0.20	>= 0.09 wt %
Eicosapentaenoic (EPA) 20:5 n3	3.18	>= 0.16 wt %
Docosapentaenoic (DPA) 22:5 n3	2.20	>= 1.14 wt %
Docosahexaenoic (DHA) 22:6 n3	8.0	>= 2.1 wt %
% Omega 3s	13.5	>= 3.8

Omega 9 Fatty Acids

Analyte	(olive oil)	Reference Range
Oleic 18:1 n9	13	10-13 wt %
Nervonic 24:1 n9	5.2	2.1-3.5 wt %
% Omega 9s	18.8	13.3-16.6

Saturated Fatty Acids

Analyte	(meat, dairy, coconuts, palm oils)	Reference Range
Palmitic C16:0	19	18-23 wt %
Stearic C18:0	17	14-17 wt %
Arachidic C20:0	0.31	0.22-0.35 wt %
Behenic C22:0	1.01	0.92-1.68 wt %
Tricosanoic C23:0	0.22	0.12-0.18 wt %
Lignoceric C24:0	2.3	2.1-3.8 wt %
Pentadecanoic C15:0	0.10	0.07-0.15 wt %
Margaric C17:0	0.27	0.22-0.37 wt %
% Saturated Fats	40.4	39.8-43.6

Methodology: GCMS

Omega 6 Fatty Acids

Analyte	(vegetable oil, grains, most meats, dairy)	Reference Range
Linoleic (LA) 18:2 n6	11.5	10.5-16.9 wt %
γ-Linolenic (GLA) 18:3 n6	0.04	0.03-0.13 wt %
Dihomo-γ-linolenic (DGLA) 20:3 n6	1.05	>= 1.19 wt %
Arachidonic (AA) 20:4 n6	12	15-21 wt %
Docosatetraenoic (DTA) 22:4 n6	0.56	1.50-4.20 wt %
Eicosadienoic 20:2 n6	0.26	<= 0.26 wt %
% Omega 6s	25.7	30.5-39.7

Monounsaturated Fats

Omega 7 Fats	Reference Range
Palmitoleic 16:1 n7	0.22 <= 0.64 wt %
Vaccenic 18:1 n7	1.07 <= 1.13 wt %
Trans Fat	Reference Range
Elaidic 18:1 n9t	0.24 <= 0.59 wt %

Delta - 6 Desaturase Activity

Analyte	Upregulated Functional Impaired	Reference Range
Linoleic / DGLA 18:2 n6 / 20:3 n6	11.0	6.0-12.3

Cardiovascular Risk

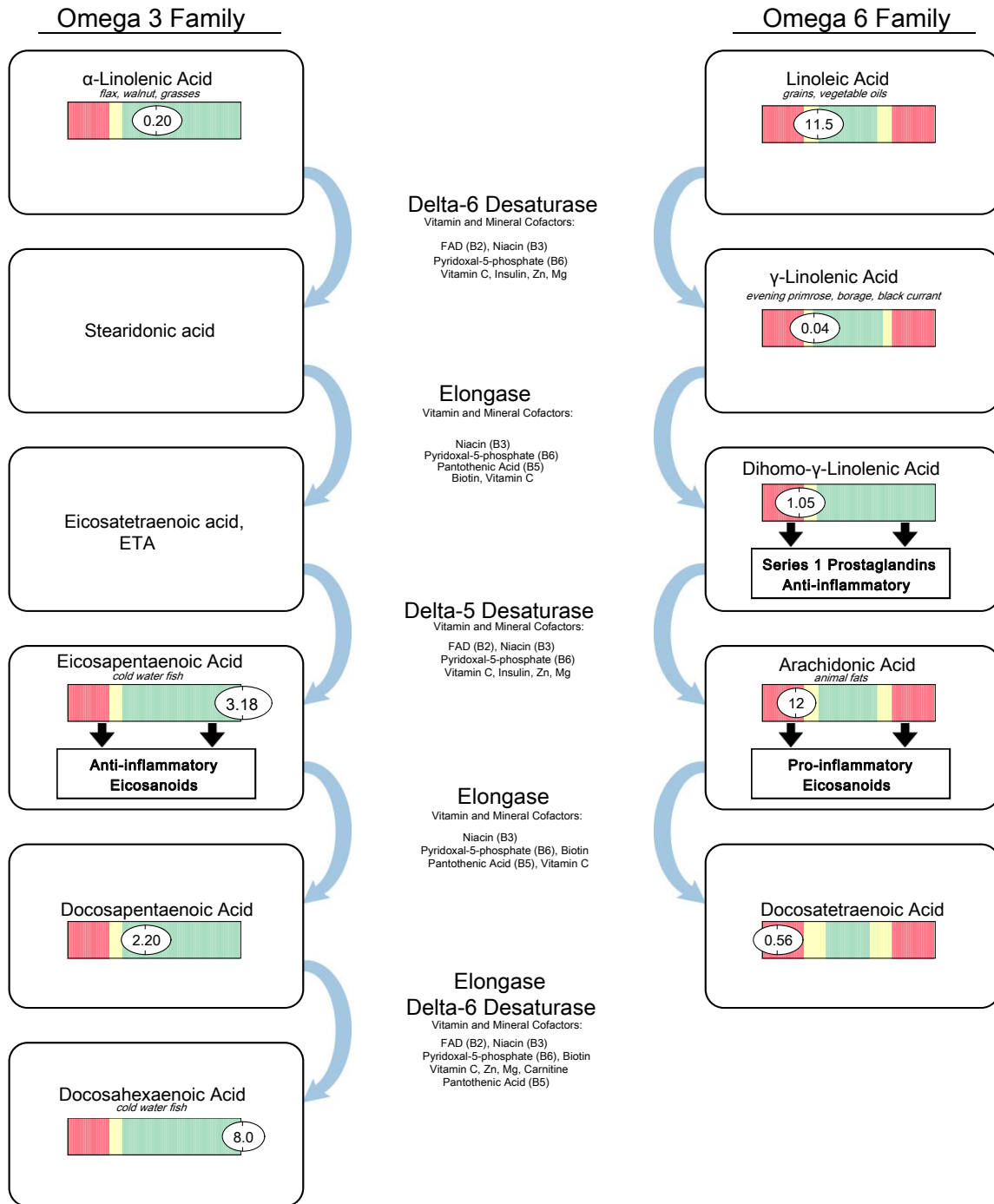
Analyte	Reference Range
Omega 6s / Omega 3s	1.9 3.4-10.7
AA / EPA 20:4 n6 / 20:5 n3	4 12-125
Omega 3 Index	11.1 >= 4.0

The Essential Fatty Acid reference ranges are based on an adult population.

PATIENT: Sample Report		TEST REF: TST-##-####
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Essential Fatty Acid Metabolism



This test was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.