

Ordering Physician:

John Doe, MD
1234 Main St.
Anywhere, GA 30096

Accession #: **A1203080345**

Reference #:

Patient:

Date of Birth: 02/05/1962

Age: 50

Sex: Female

E-Mail: skelly@metamatrix.com

Reprinted: 11/15/2012

Comment:

Date Collected: 03/07/2012

Date Received: 03/08/2012

Date of Report: 03/08/2012

Telephone: (770) 446-4583

Fax: (770) 441-2237

Sample Report



0241 Bloodspot Fatty Acid Profile

Methodology: Capillary Gas Chromatography/Mass Spectroscopy

0241 Bloodspot Fatty Acid Profile

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

A1203080345

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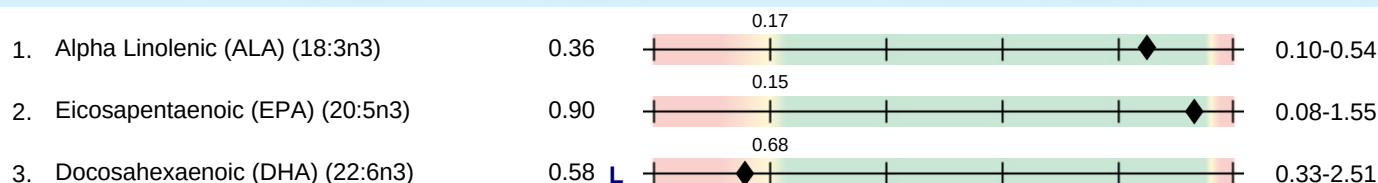
0241 Bloodspot Fatty Acid Profile

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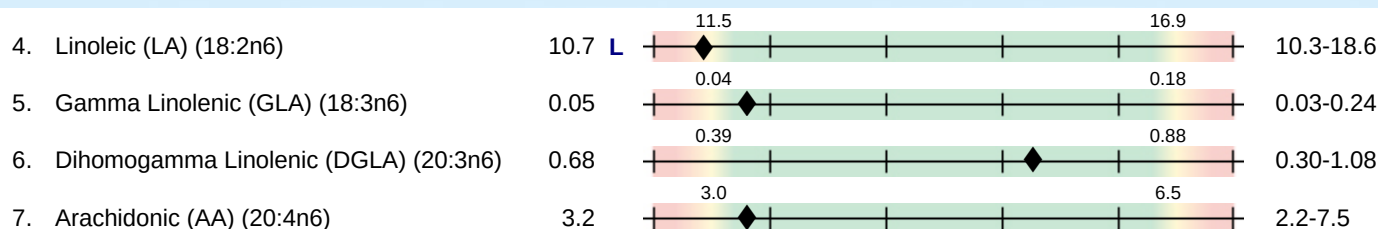
Ranges are for ages 13 and over



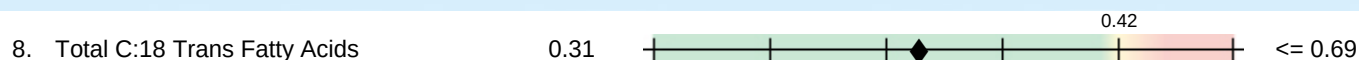
Polyunsaturated Omega-3



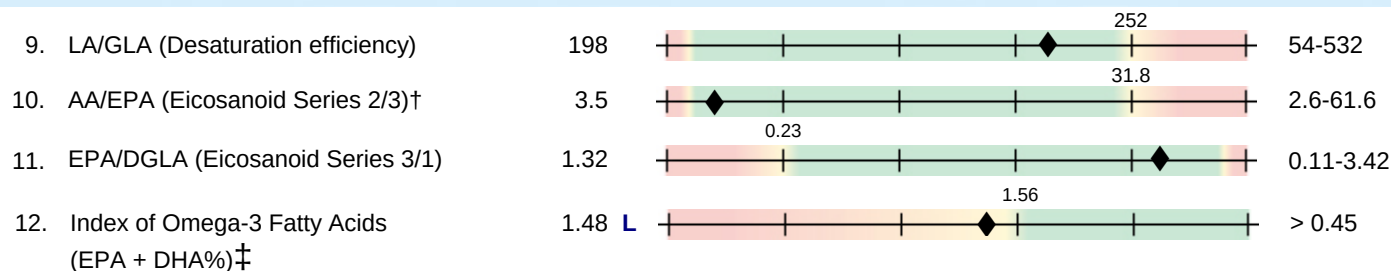
Polyunsaturated Omega-6



Trans



Ratios



†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

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.

Fish Oil	3 gm
Sunflower or organic Canola Oil	5 gm