Genova Diagnostics
Metametrix Clinical Laboratory
3425 Corporate Way • Duluth GA 30096 USA
770.446.5483 • Fax: 770.441.2237
www.gdx.net/www.metametrix.com

Ordering Physician:

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

Accession #:	**A1203080345**	Date Collected:	03/07/2012
Reference #:		Date Received:	03/08/2012
Patient:	**Sample Report**		
Date of Birth:	02/05/1962	Date of Report:	03/08/2012
Age:	50	Telephone:	(770) 446-4583
Sex:	Female	Fax:	(770) 441-2237
E-Mail:	skelly@metametrix.com		
Reprinted:	11/15/2012		
Comment:			

Bloodspot FATTY ACIDS

0241 Bloodspot Fatty Acid Profile

Methodology: Capillary Gas Chromatography/Mass Spectroscopy

0241 Bloodspot Fatty Acid Profile

Summary of abnormal results:

	Findings	Intervention Options	Metabolic Association
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

Georgia Lab Lic. Code #067-007
CLIA ID# 11D0255349
New York Clinical Lab PFI #4578
Florida Clinical Lab Lic. #800008124

Testing Performed by Genova Diagnostics-Metametrix, Inc. 3425 Corporate Way, Duluth, GA 30096

Laboratory Directors: Robert M. David, PhD
David L. Scott, Jr. PhD

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Ranges are for ages 13 and over

	Results Area %		Quintile Ranking (20 / 40 / 60 / 80; 1st 2nd 3rd 4th 5th)	95% Reference Range
Polyunsaturated Omega-3				
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				
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				
8. Total C:18 Trans Fatty Acids	0.31		0.42	<= 0.69
Ratios				
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.* ist 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