

3/18/2016

Wade Redger
Redger Farms

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mg Fatty Acid in 100g sample 'as is'

Redger Farms

Analyst: Doug Bibus PhD

Sample	1
Lipid Percent	10.14
Fatty Acid (g) in 100g sample as is	9.63
10:0	0.0
12:0	5.4
14:0	325.0
14:1	69.9
15:0	48.8
15:1	0.0
16:0	2748.3
16:1w5	0.0
16:1w7	317.9
18:0	1461.0
18:1w9	3671.8
18:1w7	0.0
18:1w5	0.0
18:2w6	130.2
18:3w6	0.0
18:3w3	61.4
18:4w3	64.7
20:0	17.3
20:1w7	1.9
20:1w9	24.6
20:2w6	0.0
20:3w9	5.0
20:3w6	6.0
20:4w6	21.5
20:3w3	1.3
20:4w3	4.3
20:5w3	13.4
22:0	4.8
22:1w9	0.0
22:4w6	2.1
22:5w6	0.0
22:5w3	22.6
24:0	1.8
22:6w3	2.0
24:1	0.0
	597.6
sum	9630.5
Tot. Saturate	4612.4
Tot. Mono	4086.1
Tot. PUFA	334.3
Total HUFA	204.2

Sample **Date**
1 Beef Round Tip Steak

Total Lipid Fatty Acid Analysis mg fattv acid in 100g sample

<u>Index</u>	<u>mg/100g</u>
Sample	1
Total Fat (mg)	10112
% Fat	10.1
Total Monos	4086
Total Saturates	4612
Total Poly	334
Total Omega 3	170
Total Omega 6	160
Total Omega 9	3744
LA/ALA Ratio	2.1
LA	130
ALA	61
EPA	13.4
DPA	22.6
DHA	2.0
Long Chain Omega 3	43.5
Omega-6/Omega-3	0.9

Tot. w3	169.6
Tot. w6	159.7
Tot. w9	3743.6
w6/w3	0.9
<u>20:4/20:5</u>	1.6
LA/LNA	2.1

Total Lipid Fatty Acid Profile

Sample	1
Unit	%
GC	
10:0	0.00
12:0	0.06
14:0	3.37
14:1	0.73
15:0	0.51
15:1	0.00
16:0	28.54
16:1w5	0.00
16:1w7	3.30
18:0	15.17
18:1w9	38.13
18:1w7	0.00
18:1w5	0.00
18:2w6	1.35
18:3w6	0.00
18:3w3	0.64
18:4w3	0.67
20:0	0.18
20:1w7	0.02
20:1w9	0.26
20:2w6	0.00
20:3w9	0.05
20:3w6	0.06
20:4w6	0.22
20:3w3	0.01
20:4w3	0.04
20:5w3	0.14
22:0	0.05
22:1w9	0.00
22:4w6	0.02
22:5w6	0.00
22:5w3	0.23
24:0	0.02
22:6w3	0.02
24:1	0.00
other	6.21
sum	100.00
Tot. Saturate	47.89
Tot. Mono	39.13
Tot. PUFA	3.47
Tot HUFA	2.12
Tot. w3	1.76
Tot. w6	1.66
Tot. w9	38.87
w6/w3 Ratio	0.94