



## The Holman Omega 3 Test Report

[www.Omega3Test.com](http://www.Omega3Test.com)

Date: 3/17/11  
 ID: 11288  
 Patient: **Monika Woosley**  
 Sample Date: 3/13/11

### Select Key Omega 3 and Omega 6 Fatty Acids

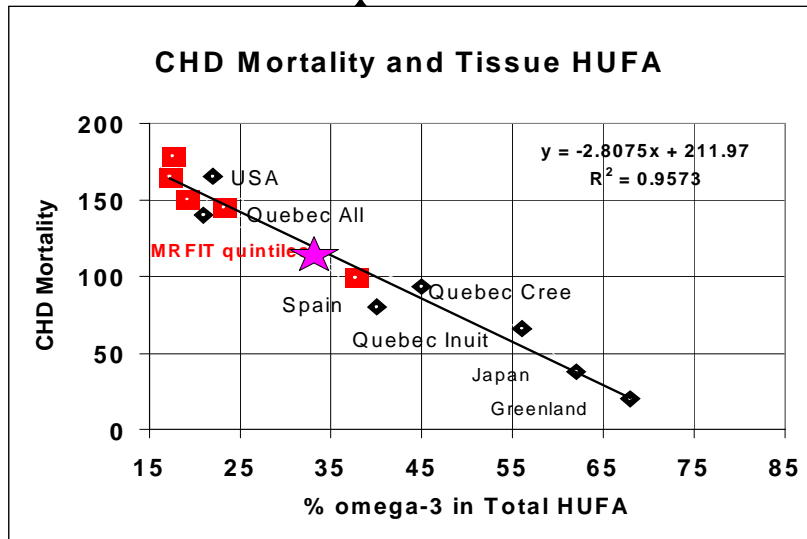
	<u>Result (%)</u>	<u>Typical USA (Control) (%)</u>	<u>Percent of Control (%)</u>	<u>Optimal</u>
<b>Total Omega 3 Score</b>	<b>7.1</b>	5.1	139	<b>&gt; 9%</b>
ALA (18:3 $\omega$ 3)	0.7	0.8	88	>1%
EPA (20:5 $\omega$ 3)	0.8	0.6	139	>3%
DPA (22:5 $\omega$ 3)	1.0	1.1	90	>1%
DHA (22:6 $\omega$ 3)	4.3	2.6	165	>4%
<b>% Omega 3 in HUFA</b> (The Lands' Test)	<b>32</b>	24	134	<b>&gt; 50%</b>
<b>Omega 3 Index (RBC EPA + DHA)</b>	<b>5.4</b>	4.4	122	<b>&gt; 8%</b>
<b>Total Omega 6 Score</b>	<b>38.8</b>	42.1	92	
LA (18:2 $\omega$ 6)	25.0	23.9	104	
DGLA (20:3 $\omega$ 6)	1.2	1.4	84	
AA (20:4 $\omega$ 6)	10.8	12.8	84	<9%
<b>% Omega 6 in HUFA</b>	<b>68</b>	76	89	<b>&lt; 50%</b>
<b>Omega 6/Omega 3 Ratio</b>	<b>5.5</b>	7.6:1	72	<b>&lt; 5:1</b>
<b>AA/EPA Ratio</b>	<b>13.1</b>	21.8:1	60	<b>&lt;5:1</b>

Monika, your omega 3 levels are good but I would like to see them higher, especially EPA. Bump up your omega 3 intake.

Try to get at least 2000mg of EPA and DHA and 4000mg of ALA per day with fish, fish oil and flax. Avoid omega 6 rich oils (soybean, corn, safflower) and foods made with them.

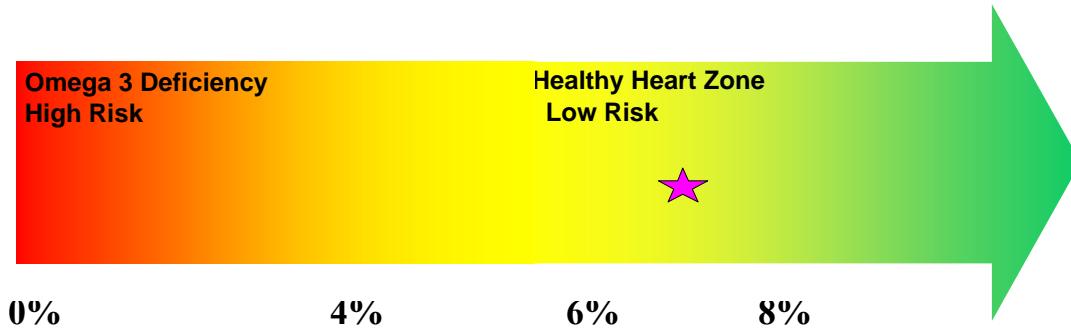
Omega 3 in HUFA = **32 %** US Average = 24%

**OPTIMAL > 50%** Your value indicated by the purple star on the graphic below.



Total Omega 3 = **7.1 %** US Average 5.1%

Desired >9%: correlates with a 90% risk reduction for sudden cardiac death (Albert et al)

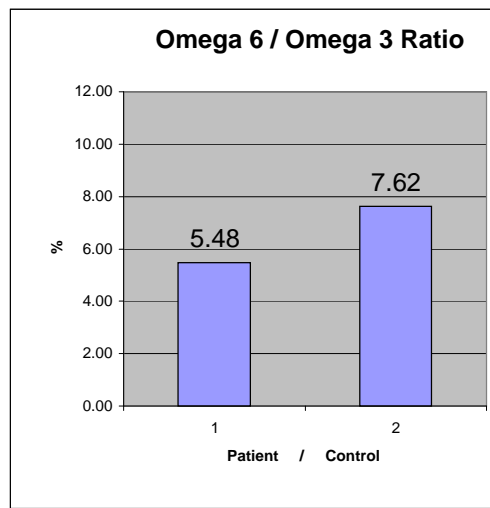
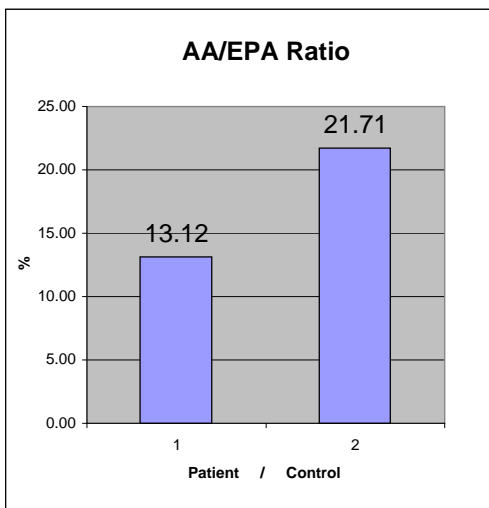
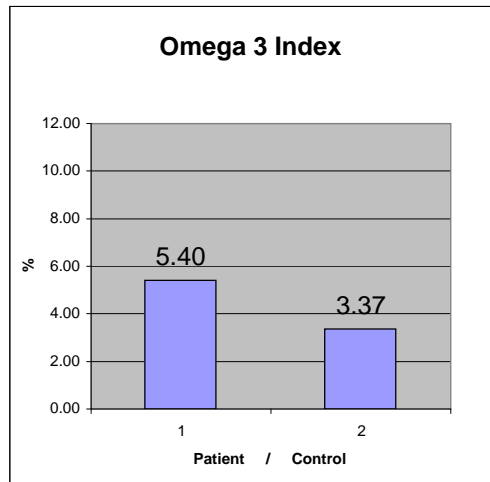
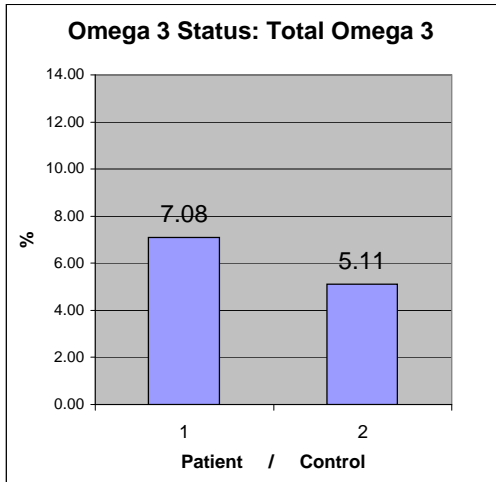
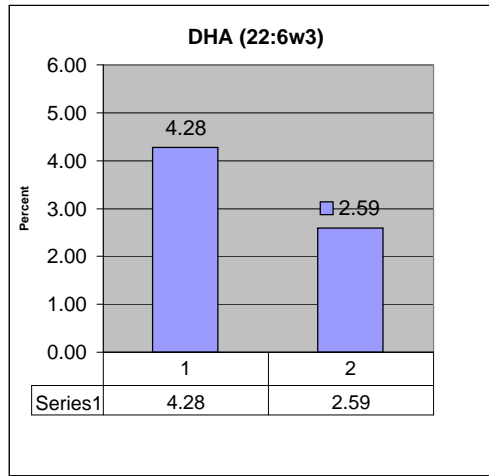
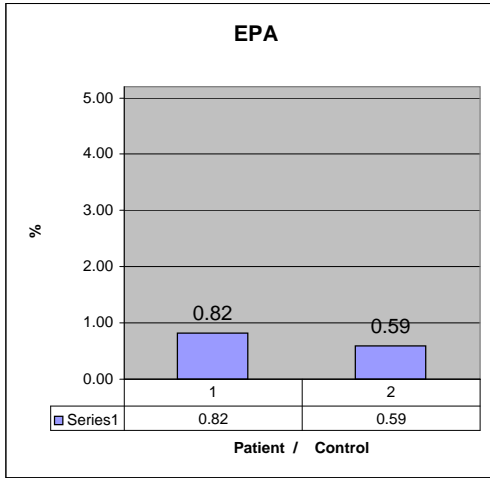


Percent Composition of Blood

3/17/11

<b>Monika Woosley</b>			
Sample	Blood Spot		
SampleDate	3/13/11		
Patient ID	11288		
Physician	na	<b>Lab ID</b>	<b>11288</b>

Patient	Monika Woosley	Typical USA	Common Names
12:0	0.00	0.00	Lauric acid
14:0	1.30	0.20	Myristic
14:1	0.25	0.05	Myristoleic
15:0	0.52	0.18	Pentadecanoic
15:1	0.00	0.09	
16:0	20.88	21.05	Palmitic
16:1 $\omega$ 9	0.00	0.08	
16:1 $\omega$ 7	0.23	0.70	Palmitoleic
17:0	0.00	0.21	Heptadecanoic
17:1	0.00	0.62	
18:0	9.48	12.53	Stearic
18:1 $\omega$ 9	18.67	8.87	Oleic
18:1 $\omega$ 7	0.00	2.24	Vaccenic
18:1 $\omega$ 5	0.00	0.35	
18:2 $\omega$ 6	24.97	23.90	Linoleic (LA)
18:3 $\omega$ 6	0.21	0.12	gamma-linolenic (GLA)
18:3 $\omega$ 3	0.71	0.80	alpha-linolenic (ALA)
18:4 $\omega$ 3	0.18	0.10	Steridonic acid (SDA)
20:0	0.11	0.33	Arachidic
20:1 $\omega$ 9	0.00	0.04	
20:1 $\omega$ 7	0.00	0.22	11-Eicoenoic
20:2 $\omega$ 6	0.27	0.47	Eicosadienoic
20:3 $\omega$ 9	0.00	0.13	Mead's acid
20:3 $\omega$ 6	1.19	1.41	Dihomogamma-linolenic acid (DGLA)
20:4 $\omega$ 6 (AA)	10.79	12.81	Arachidonic (AA)
20:3 $\omega$ 3	0.08	0.07	Eicosatrienoic acid-omega 3
20:4 $\omega$ 3	0.00	0.04	Eicosatetraenoic acid-omega 3
20:5 $\omega$ 3 (EPA)	0.82	0.59	Eicosapentaenoic (EPA)
22:0	0.43	1.11	Behenic
22:1 $\omega$ 9	1.21	0.01	Erucic
22:4 $\omega$ 6	1.15	0.76	Docosatetraenoic
22:5 $\omega$ 6	0.24	0.60	Docosapentaenoic -omega 6
22:5 $\omega$ 3 (DPA- $\omega$ 3)	1.02	1.13	Docosapentaenoic -omega 3
24:0	0.00	0.88	Lignoceric
22:6 $\omega$ 3 (DHA)	4.28	2.59	Docosahexaenoic (DHA)
24:1	1.03	1.20	Nervonic
other	0.00	1.89	
sum	100.00	100.00	
Saturated	32.71	36.28	Total Saturated fatty acids
Monounsaturat	21.16	13.84	Total Monounsaturated fatty acids
PUFA	45.90	47.72	Total Polyunsaturated fatty acids
HUFA	19.56	23.56	Highly unsaturated fatty acids
T/T Ratio	0.00	0.010	Triene/Tetraene ratio
Total $\omega$ 3	7.08	5.11	Total Omega 3
Total $\omega$ 6	38.82	42.07	Total Omega 6
Total $\omega$ 9	21.16	10.30	Total Omega 9
$\omega$ 6/ $\omega$ 3	5.48	7.62	Omega 6 to Omega 3 Ratio
AA/EPA	13.12	21.71	AA (20:4 $\omega$ 6) to EPA (20:5 $\omega$ 3) ratio
% Omega 3 HUFA	32	23.60	Percent of Omega 3 in HUFA
% Omega 6 HUFA	68	76.40	Percent of Omega 6 in HUFA
WB EPA+DHA	5.10	3.18	Whole Blood EPA + DHA
RBC EPA+DHA	5.40	3.37	RBC EPA and DHA (Omega 3 Index)





## The Holman Omega 3 Test™

**Dr. Doug Bibus**

Welcome to the Holman Omega 3 Test™, the quick and easy way to measure your omega 3 health. This report identifies your entire fatty acid profile but focuses on your omega 3 and omega 6 fatty acid levels. Your total omega 3 score is the total amount of omega 3 in your blood in a percentage. In example, if your omega 3 score is 5% then 5% of the fatty acids in your blood are made up of omega 3 fatty acids which includes several family members like EPA, DPA and DHA.

In populations like the Japanese who consume large amounts of marine based foods their total omega 3 score is often over 15%. Dr. Ralph T. Holman, the Grandfather of Omega 3, pioneer of this test and inventor of the term 'Omega 3', has a total omega 3 score of 25% that directly reflects his daily intake of fish, fish oil and avoidance of omega 6 rich oils.

This report also includes indicators of heart health. Two common tests describe our omega 3 levels as they relate to cardiovascular health. The first is the Land's test, named after Dr. Bill Lands who invented this test and terminology. It is called the Omega 3 HUFA test. The term HUFA stands for 'highly unsaturated fatty acids'. These fatty acids generally form the basis for our inflammatory response. Armed with the knowledge that the inflammatory response produced from omega 6 fatty acids is quite powerful, and same response from omega 3 HUFA is less potent (anti-inflammatory) it is thus desirable to have a lower Omega 6 HUFA score and a higher Omega 3 HUFA score. Dr. Land's has modeled several populations, their Omega 3 HUFA score and their death mortality rate from cardiovascular disease (displayed above in graphic form).

Typical Americans have a Omega 3 HUFA score of 20%, that correlates with a high incidence of mortality from heart disease. Increasing this score to 50% correlates with an approximate 50% reduction in mortality. Increasing the Omega 3 HUFA score to 70% nearly eliminates mortality.

The final indicator of heart health as it relates to blood based omega 3 fatty acids is the Omega 3 Index. The Omega 3 Index is the combined value of two omega 3 fatty acids, EPA and DHA that are thought to exert the main physiological effects of omega 3 in a diet. The science behind the Omega 3 Index came from the work of Siscovick and Albert who examined omega 3 levels in populations and then assessed their risk of sudden death. From Albert's data, increasing omega 3 blood values from 3.58% to 6.76% was correlated with a 90% reduction in risk of sudden death (a type of heart attack). Data from Siscovick's work has illustrated similar outcomes. The Omega 3 Index was coined by an American and German scientist in 2004 as a blood based risk factor for cardiovascular disease. The recommended Omega 3 Index is 8% or greater or a combined percentage total of EPA and DHA greater than 8%.

If your Omega 3 numbers are low don't feel alone. The vast majority of Americans have low omega 3 levels. The good news is that you can easily improve your omega 3 score by increasing your dietary intake of oily omega 3 rich fish like salmon, omega 3 eggs and other omega 3 enriched foods. Another effective way of increasing your omega 3 levels is to consume a high quality omega 3 supplement. You should strive for a daily intake of 1000mg of EPA and DHA which is about 3-4 standard fish oil capsules a day. Good luck on your quest for Omega 3 Health!

Albert, CM et al NEJM 2002;346 (15):1113-1118

Siscovick, DS et al JAMA 1995 (274): 1363-1367