

HS-Omega-3 Index[®] - report - reference sheet

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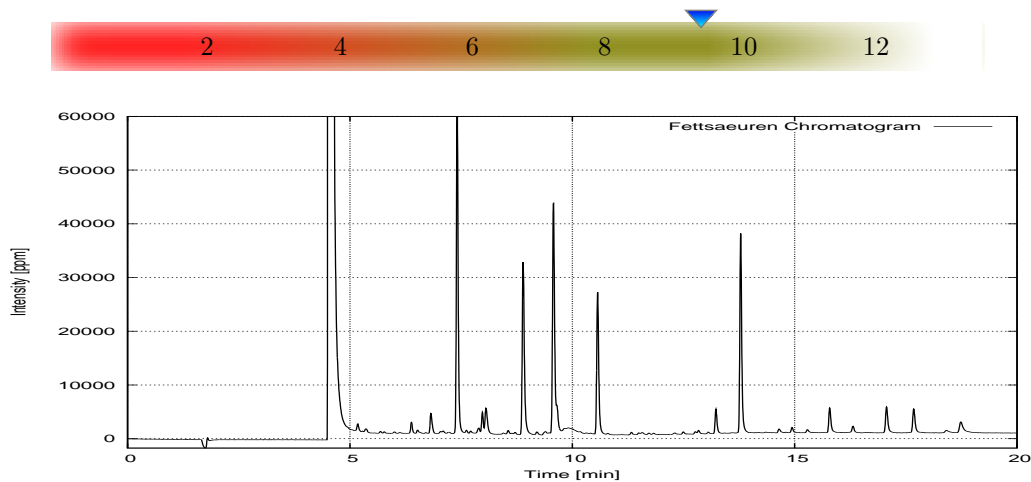


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July 01, 2011

Test , Testus (* 1954-11-25)

your HS-Omega-3 Index is: 9.40%.



Ω-3 fatty acids

α-linolenic (ALA) 18:3 ω3	0.11%
Eicosapentaenoic (EPA) 20:5 ω3	4.20%
Docosapentaenoic-n3 (DPA) 22:5 ω3	2.30%
Docosahexaenoic (DHA) 22:6 ω3	5.20%
Range²: 3.1% – 20.8%	Sum: 11.81%

Monounsaturated fatty acids

Palmitoneinic 16:1n7 ω7	1.60%
Oleic 18:1 ω9	19.31%
Gondonic 20:1 ω9	0.07%
Nervonic 24:1 ω9	0.38%
Range²: 11.6% – 29.3%	Sum: 21.36%

Ω-6 fatty acids

Linoleic (LA) 18:2 ω6	10.31%
γ-linolenic (GLA) 18:3 ω6	0.17%
Dihomo-γ-linolenic (DGLA) 20:3 ω6	1.86%
Arachidonic (AA) 20:4 ω6	14.61%
Docosatetraenoic (DTA) 22:4 ω6	2.21%
Eicosadienoic 20:2 ω6	0.19%
Docosapentaenoic-n6 22:5n6 ω6	0.64%
Range²: 18.6% – 39.6%	Sum: 29.99%

Saturated fatty acids

Myristinic 14:0	0.48%
Palmitinic 16:0	24.43%
Sterarinic 18:0	15.84%
Arachinic 20:0	0.09%
Behenic 22:0	0.23%
Lignocericinic 24:0	0.55%
Range²: 31.0% – 43.7%	Sum: 41.62%

fatty acids relation

Omega-6:Omega-3 (1:1 - 6.7:1) ²	3:1
Poly-unsaturated fatty acids:Saturated	1

Trans-Fatty acids

Trans palmitolenic 16:1 ω7t	0.33%
Trans elaidinic 18:1 ω9t	0.33%
Trans linoleic 18:2 ω6t	0.40%
Range²: 0.1% – 2.1%	Sum: 1.06%



¹k.A.: Not applicable. Value below minimal measure.

²The range is the AVG from 2000 random German subjects, it may differ in other populations.



OMEGAMETRIX GMBH

REPORT COMMENTARY

Your personal HS-Omega-3 Index

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Testus Test,

your HS-Omega-3 Index is: 9.40%, and therefore within the target range of 8% - 11%.



Congratulations, your HS-Omega-3 Index is considered optimal. Keep up your diet / intake of fish oil. A yearly check of your HS-Omega-3 Index is sufficient. We would be happy to determine your HS-Omega-3 Index again.

*In general, trans fatty acids are considered unhealthy. However, trans palmitolein (16:1 ω 7 t) from meat and dairy products is now being considered harmless ¹. Only trans fatty acids from industrial food production are considered harmful (isomers of trans oleic acid, 18:1 ω 9 t , and trans linoleic acid, 18:2 ω 6 t). In Europe, the sum of the latter isomers rarely exceeds 0.9% ².

Mit freundlichen Grüßen,
Omegametrix GmbH

⁰By the way: Vegetable Omega-3 fattyacids do not increase your HS-Omega-3 Index.

¹Bendsen et al, Eur J Clin Nutr. 2011;65:773.

²Harris et al, J Nutr 2012;142:1297.