



Omega-3 Index

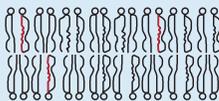
THE ORIGINAL
Omega-3 Blood Test





what is the Omega-3 Index?

The Omega-3 Index is the percent of long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), in your red blood cells.



EXAMPLE: if there are 64 total fatty acids and 3 are EPA+DHA, the Omega-3 Index is 4.7%

An Omega-3 Index between 8% and 12% is associated with lower risk for death from cardiovascular disease, whereas less than 4% is associated with higher risk.¹

Your Index: 4.7%



MEASURE

You can't know if your Omega-3 Index is optimal just because you eat fish or take supplements – you have to measure it.

MAXIMIZE

Once you know your Omega-3 Index, you can maximize it with simple dietary changes.

MAINTAIN

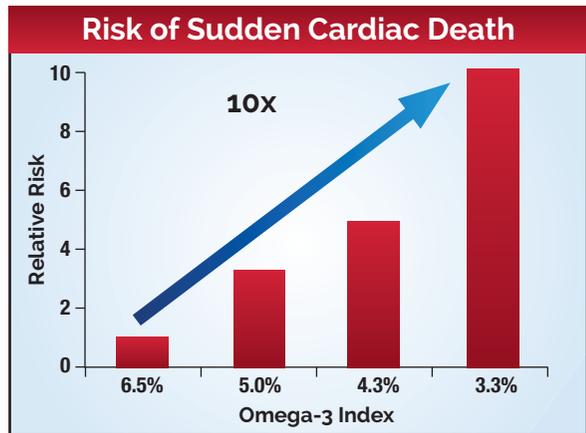
Testing your Omega-3 Index every 4 months ensures your levels stay optimal.

1. *American Journal of Clinical Nutrition*, Harris, 2008



Cardiovascular disease was an underlying cause of death in 1 of every 7 deaths in the United States in 2013.¹

- People with low omega-3 levels have a 10-fold higher risk for sudden cardiac death compared to people with high omega-3 status.²
- Higher omega-3 levels are associated with lower levels of inflammation³, improved blood lipid profile⁴, and better vascular function⁵.



No blood test predicts your risk for sudden cardiac death better than the Omega-3 Index.⁶

1. American Heart Association Statistics Update, 2015

2. JAMA, Siscovick et al. 1995

3. Atherosclerosis, Fontes et al. 2015

4. Pharmacotherapy, McKenney and Sika, 2007

5. British Journal of Nutrition, Rangel-Huerta et al. 2012

6. American Journal of Clinical Nutrition, Harris, 2008



brain health

Omega-3 fatty acids play a role in brain health during every phase of life.

INFANCY

- The brain doubles in size during the first 2 years and has a high need for omega-3 DHA.
- Higher intake of EPA+DHA during pregnancy sets the stage for optimal brain development.¹
- If mom breastfeeds and has high DHA levels, her infant will receive more DHA.²

CHILDHOOD

- Major brain growth also occurs during childhood and adolescence.
- Lower blood DHA levels were correlated with poorer reading and working memory tasks in school children.³
- Teens with a higher Omega-3 Index demonstrated higher information processing speed and less impulsivity as compared to those with lower levels.⁴

AGING

- Maintaining brain function into old age is vital to aging well.
- Higher DHA blood levels were associated with lower risk of dementia.⁵
- A higher Omega-3 Index was correlated to a larger brain volume, especially in the memory center, suggesting slower aging.⁶

1. *Pediatrics*, Helland et al. 2003

2. *European Journal of Clinical Nutrition*, Makrides et al. 1996

3. *PLoS One*, Montgomery et al. 2013

4. *Nutrients*, van der Wurff et al. 2016

5. *JAMA Neurology*, Schaefer et al. 2006

6. *Neurology*, Pottala et al. 2014

eye health



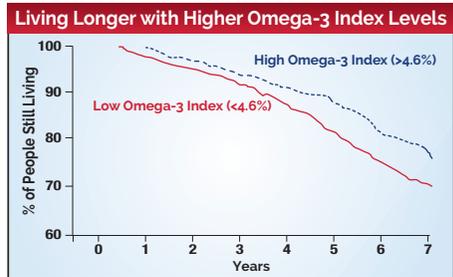
- The retina is highly enriched in omega-3 DHA.
- Inadequate DHA during pregnancy can negatively affect vision development in infants.¹
- Dry eye, an increasingly common condition associated with computer based work, is effectively treated with EPA+DHA supplementation.²
- Low blood omega-3 levels are correlated with higher risk for eye diseases such as macular degeneration.³
- Red blood cell DHA levels are reduced in patients with glaucoma.⁴

1. *American Journal of Clinical Nutrition*, Birch et al. 2010
2. *Contact Lens and Anterior Eye*, Bhargava et al. 2015
3. *Investigative Ophthalmology and Visual Science*, Merle et al. 2014

longevity



- Longer life was associated with a higher Omega-3 Index in several studies.⁵
- Individuals with higher blood omega-3 levels lived 2.2 years longer after the age of 65 compared to those with lower levels.⁶
- In people with heart disease, those with an Omega-3 Index higher than 4.6% were more likely to live longer than those with lower levels.⁵



4. *Experimental Eye Research*, Acar et al. 2009
5. *Quality & Outcomes*, Pottala et al. 2010
6. *Annals of Internal Medicine*, Mozzafarian et al. 2013