

Summary of Results & Recommendations

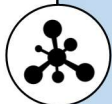
Test/Description

Score History

Current Score

Recommendations

04/12/18



Omega-3 Index

% EPA/DHA in Cell Membrane

- Memory/Focus/Mood
- Risk of Dementia/Stroke/CVD
- Concussion Resilience

4.3%
BELOW
OPTIMAL
RANGE

Oily Fish (Salmon/Herring)

Eat a 3 oz. serving 11 x's/week



Fish Oil Supplement

2,500mg EPA+DHA/day

Ask your doctor to recommend a quality Omega-3 supplement that has demonstrated a high level of cellular absorption. The most important factor is how much EPA and DHA is absorbed into your blood cells.



Cell Inflammation Balance

Omega-6 to Omega-3 Ratio

- Inflammatory Response
- Immune Function
- Pain Response

26:1
POOR
RANGE

Replace Vegetable Oils

Substitute whenever possible

Replace Omega-6 vegetable oils with alternatives like olive, macadamia nut, or hi-oleic sunflower oils.

Curcumin (Turmeric)

Take as directed

*Curcumin inhibits specific enzymes involved in the arachidonic acid (Omega-6) inflammatory pathway.**