



Testing Options



Physicians may contact info@OmegaQuant.com to set up an account and offer the test in their office, or they may direct their patients to OmegaQuant's website where they can order the test for themselves as shown below:

1. ORDER ONLINE: Go to omegaquant.com/order-now to order your Omega-3 Index profile package - Basic, Plus or Complete.

2. COLLECT A BLOOD

SAMPLE: Use the instructions and supplies provided in the test kit to safely prick your finger, collect your sample and mail to OmegaQuant.



3. GET RESULTS: You will receive your test results electronically in about 2-3 weeks.



Only 1 drop of blood is needed for testing.

REFERENCES:

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2. *AHA Statistics at a Glance*, 2016
3. Siscovick et al., *JAMA*, 1995
4. Helland et al., *Pediatrics*, 2003
5. Montgomery et al., *PLoS One*, 2013
6. Schaefer et al., *JAMA Neurology*, 2006
7. Birch et al., *Am J Clinical Nutrition*, 2010
8. Bhargava et al., *Contact Lens Anterior Eye*, 2015
9. Acar et al., *Experimental Eye Research*, 2009
10. Harris et al., *Intl J Cardiol*, 2013
11. Mozaffarian et al., *Ann Intern Med*, 2013
12. Chien et al., *Atherosclerosis*, 2013
13. Pottala, *Circulation Q&O*, 2010

Our goal at OmegaQuant is to offer the highest quality fatty acid analytical services to researchers and to provide simple tests of nutritional status to consumers and patients, with the ultimate purpose of advancing the science and use of omega-3 fatty acids to improve health.



William Harris, PhD,
President and CEO
OmegaQuant Analytics, LLC

Dr. Harris is the co-inventor of the Omega-3 Index. He is an internationally recognized expert in omega-3 research and has been the recipient of the five NIH grants for studies on the effects of omega-3 fatty acids and health. He has published over 280 scientific papers. Dr. Harris is currently a Professor of Medicine at the Sanford School of Medicine at the University of South Dakota.

Visit omegaquant.com for more information

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OMEGA-3 INDEX



People With Omega Index Over 8% Are At Lower Risk of Death from Heart Disease.

THE ORIGINAL
Omega-3 Blood Test

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



What is the Omega-3 Index?

The Omega-3 Index is a blood test that measures the amount of omega-3 fatty acids (EPA and DHA) in red blood cells (RBC) membranes. It is expressed as a percent of total RBC fatty acids. It is a long-term and stable marker of omega-3 status, and it reflects tissue levels of EPA+DHA. An Omega-3 Index over 8% is associated with the lowest risk for death from heart disease and below 4% with the highest.

TEST You can't know if the Omega-3 Index is optimal just because your patients eat fish or take supplements – it must be measured.

TREAT Once you know the Omega-3 Index, it can be optimized with simple dietary changes.¹

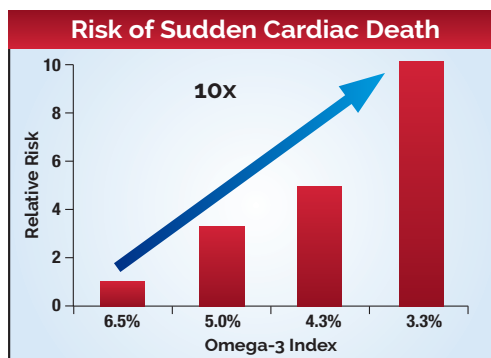
TRACK Testing the Omega-3 Index every 4 months ensures that levels stay optimal.

Benefits of Knowing Your Omega-3 Index



Cardiovascular disease was an underlying cause of death in 1 of every 3 deaths in the United States in 2013.²

- People with low omega-3 levels have a 10-fold higher risk for sudden cardiac death compared to people with high omega-3 status.³



Omega-3s and dry eye, glaucoma and macular degeneration.

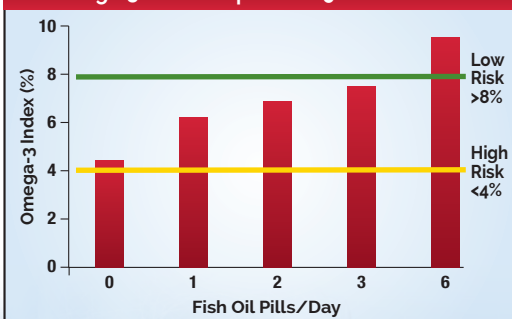
- Low blood omega-3 levels are correlated with higher risk for eye disease such as macular degeneration.⁷
- 70% of patients with dry eye are symptom free after 3 months of omega-3 supplementation.⁸
- Red blood cell DHA levels are reduced in patients with glaucoma.⁹



Longer life is associated with a higher Omega-3 Index in several studies.¹⁰⁻¹²

- In people with heart disease, those with an Omega-3 Index higher than 4.6% lived longer than those with lower levels.¹³

The Omega-3 Index Response to 5 months of fish oil.¹



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

- Higher intake of EPA+DHA during pregnancy sets the stage for optimal brain development.⁴
- Lower blood DHA levels are correlated with poorer reading and working memory tasks in school children.⁵
- Higher blood DHA levels are associated with lower risk of dementia.⁶



Living Longer with Higher Omega-3 Index Levels

