



April 21, 2016

Dear Mr. Ansley

I would like to share with you the results of two pilot studies in which subjects ate your “Omega Rounds” and we tested the effects on the Omega-3 Index (red blood cell levels of EPA+DHA). The question in both studies was, “Can Omega Rounds significantly impact the Omega-3 Index?”

The first study was done in with a medical group (the Northeast Florida Endocrine and Diabetes Associates) in 2011. In this study, 11 diabetic patients were given 6 Rounds per day for 8 weeks as part of an overall weight loss program. The second study was carried out with members of the Sarasota Crew team. They were given 3 Rounds per day and tested before and after 4 and 8 weeks.

The results of these two studies are illustrated on page 2. In the first we found a statistically significant 29% increase ($p < 0.0001$) in the Omega-3 Index. In the second, we found significant increases at both 4 weeks (10%, $p = 0.007$) and 8 weeks (14%, $p = 0.0007$). It is interesting that comparing the percent increases at 8 weeks between studies, 6 Rounds per day raised the Index by 29% and 3 per day raised it 14%. This strongly suggests a linear dose-response effect even in two very different populations.

To tell the truth, I was not expecting to see much of an effect of such a small dose of EPA+DHA on the Omega-3 Index, especially in this relatively short period of time. As I mentioned to you at the outset, since the Omega-3 Index is a measure of red blood cell EPA+DHA levels and since the red blood cell population takes about 4 months to completely replace itself, we usually wait for 4 months to re-test. The constraints of your studies demanded 1- and 2-month testing, and so I was not optimistic. But based on these findings, I think it is safe to conclude that Omega Rounds have a clearly detectable effect on red blood cell (and therefore tissue) omega-3 levels, and that this effect is dependent on both the number of Rounds consumed and the duration of consumption.

I look forward to working with you on future projects.

Sincerely,

William S. Harris, PhD
President, OmegaQuant Analytics, LLC
Professor of Medicine, University of South Dakota

Figure 1. Effects of 6 Omega Rounds per day in 11 diabetic patients for 2 months on the Omega-3 Index
Baseline = 3.27% and 2 months = 4.81%. (29% increase, $p < 0.0001$)

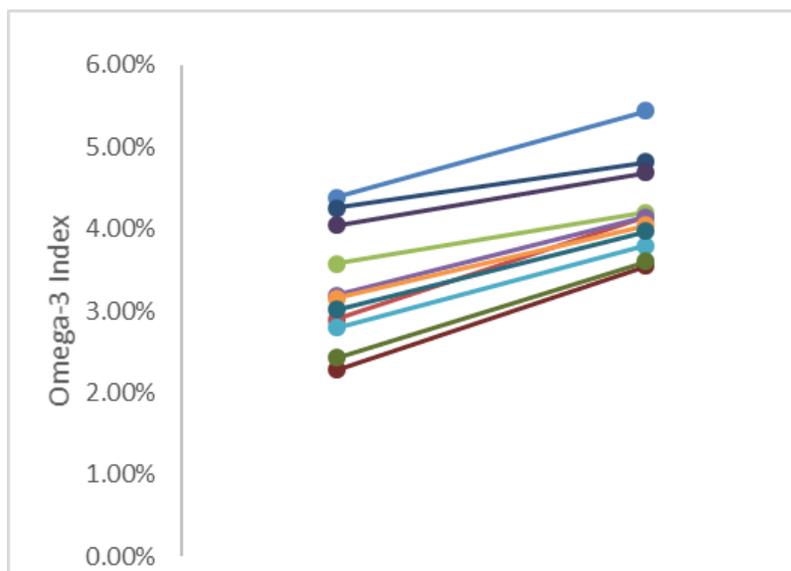


Figure 2. Effects of 3 Omega Rounds per day on the Omega-3 Index in 14-15 members of the Sarasota Crew Team

