Ordering Testing Kits from OmegaQuant

Healthcare providers may contact OmegaQuant to offer testing in their practices. Individuals may order tests directly from omegaquant.com/shop as outlined below:

1. ORDER TEST: Visit stat-technologies.com/product-tag/omegaquant/ to order a test kit.

2. REGISTER KIT: Visit omegaquant.com/start to register the kit using the unique bar code on the sample collection card.

3. COLLECT SAMPLE: Follow simple instructions to collect a blood sample.

4. MAIL SAMPLE: Mail the sample back to one of our labs with the pre-paid envelope.

5. GET RESULTS: Within 2 weeks, results will be sent electronically and can also be accessed through our web portal.

References

[1] Walker et al. AJCN, 2019
[2] Stark et al. Prog Lipid Res, 2016.
[3] Farzaneh-Far et al. Atherosclerosis, 2008.
[4] Norris P et al., Sci Reports, 2018.
[5] Mozzafarian et al. Ann Intern Med, 2013.
[6] Harris et al. Atherosclerosis, 2017.
[7] Lai et al. Brit Med J, 2018.

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Why OmegaQuant?

OmegaQuant is a CLIA-certified laboratory offering variety of nutritional status tests to consumers, healthcare providers and industry. OmegaQuant was founded in 2009 by Dr. Bill Harris, the co-inventor of the Omega-3 Index, which has been substantiated by more than 200 clinical studies. Dr. Harris is an internationally recognized expert in omega-3 research, has nearly 400 scientific papers in the field, and has been the recipient of five NIH grants for studies on the effects of omega-3 fatty acids and health. Beyond omega-3s, OmegaQuant also offers other nutritional status tests, including vitamin D. OmegaQuant also has partner laboratories in Australia and the United Kingdom.

Our goal at OmegaQuant is to offer the highest quality nutritional testing services to researchers and to provide simple tests of nutritional status to healthcare providers and patients, with the ultimate purpose of advancing the science and use of key nutrients to improve health.

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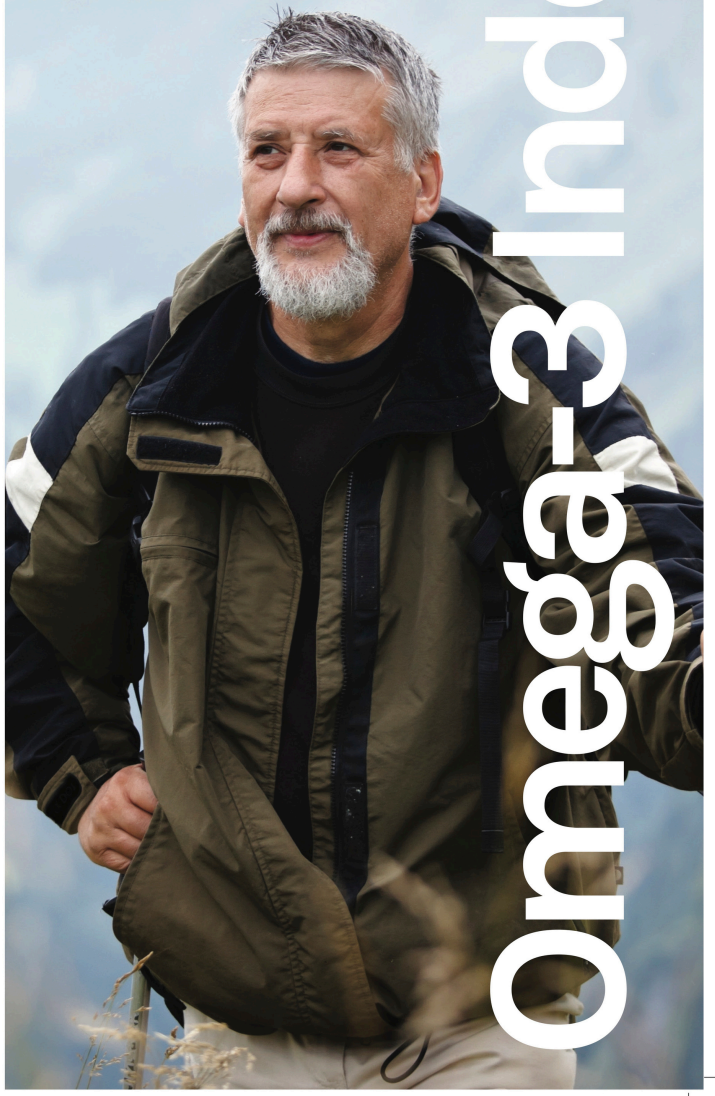
Are your patients optimal?



Omega-3 Index

Omega-3
Are Your Patients Getting Enough?

The Omega-3 Index is a blood test that measures the amount of omega-3 fatty acids (EPA and DHA) in red blood cell (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 between 8% and 12% is associated with the lowest risk for death from heart disease and below 4% with the highest.

Achieving a desirable Omega-3 Index typically requires targeted supplementation or a high-fish diet. On average, research shows that to go from 4% to 8%, it takes 1450-2200 mg per day of EPA and DHA for several months.[1] However, the type of supplement and dose required for an individual patient can only be determined through repeated testing and dietary changes.

Unfortunately, research has consistently shown that most people don't have good levels of these important nutrients for a variety of reasons - what they eat, their genetics, and more. Research shows the Omega-3 Index is between 4-6% in many countries on average.[2] This is why healthcare providers have been encouraging increasing omega-3 intake alongside testing blood levels to make sure diet and supplementation strategies are delivering enough and that intake recommendations are being followed.

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What is the optimal Omega-3 Index?

Omega-3 testing is not standardized, like cholesterol testing. Different labs and different sample types will give different results. Testing with OmegaQuant guarantees that your results are meaningful and actionable. Having an Omega-3 Index in the 8-12% range has been associated with:

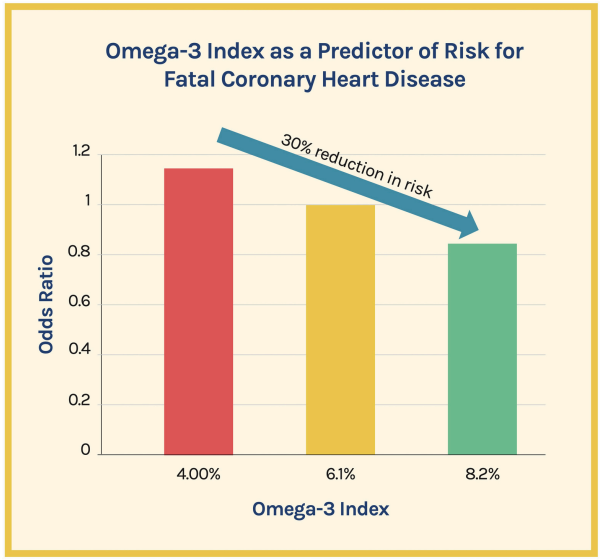
Lower or optimal omega-6:omega-3 ratios: Achieving a desirable Omega-3 Index typically corrects high omega-6:omega-3 and AA:EPA ratios.

Lower inflammation: Higher omega-3 status is related to lower levels of inflammatory markers, like CRP,[3] and higher levels of inflammation-resolving molecules.[4]

Lower risk of overall mortality: Having a higher Omega-3 Index is associated with living ~2 years longer after age 65. [5]

Lower risk of dying from cardiovascular disease: People with an Omega-3 Index >8% had a 30% lower risk of dying from cardiovascular disease compared to those <4%.[6]

Aging healthfully: People with higher omega-3 status had a lower risk of developing chronic conditions as they aged.[7]



This graph represents data from a meta-analysis of 10 studies worldwide with over 27,000 subjects. Risk for fatal coronary heart disease was 30% lower in persons with an Omega-3 Index of 4%[6].

Omega-3 Index Testing As Easy as 1-2-3

Typical omega-3 or fatty acid testing requires a blood draw, which is sent to a lab for analysis. However, new advances in technology have paved the way for a simpler approach. Now, healthcare providers and patients can access an easy-to-use dried blood spot test that requires a quick finger stick and one drop of blood. The Omega-3 Index can be analyzed from one drop of blood easily, safely, and accurately. The OmegaQuant Omega-3 Index measured from a dried blood spot is equivalent to the sum of EPA and DHA levels as a proportion of total RBC fatty acids..

Following 3 simple steps can help healthcare providers and their patients achieve desirable Omega-3 Index levels.

1. **Measure** Eating fish or taking supplements does not guarantee your Omega-3 Index will be in the desirable range - it must be measured.
2. **Modify** With your Omega-3 Index results, you will have the tools to personalize your omega-3 intake.
3. **Monitor** Track how your dietary changes affect your blood levels by testing regularly.

Omega-3 Sources

Omega-3 fatty acids are found naturally in seafood, primarily "oily" or "cold-water" fish. However, many foods have now been fortified with EPA and DHA.

Picking the right omega-3 supplement for your patients is important. Many variables affect whether your patient will achieve a desirable Omega-3 Index using supplements. Testing and retesting after 3 months on a supplement is the best way to ensure your patients are using the best supplement for them.