



LABORATORY REPORT

Example Client, XYZ123
1234 Warde Road
Ann Arbor MI 48108

EXAMPLE, REPORT W
WX0000003826 F 12/05/1988 34 Y

Referral Testing

Collected: 09/12/2023 10:30 Received: 09/12/2023 10:30

Table with 6 columns: Test Name, Result, Flag, Ref-Ranges, Units, Site. Row 1: Omega-3 and -6 Fatty Acids, OMEGA-3 (EPA+DHA) INDEX, 2.9, 1.4-4.9, %, QCRL

Risk: Optimal > 3.2%; Moderate 2.2-3.2%; High < 2.2%

Cardiovascular event risk category cut points for Omega3 index (optimal, moderate, high) are based on quartiles of adult U.S reference population. Association between Omega3 index and cardiovascular events is based on Albert et al. NEJM. 2002;346:1113.

Risk Moderate QCRL

The Omega-3 Index is associated with a moderate risk of cardiovascular disease because it is in the central two population quartiles. The Omega-3 Index categories are based on the top (75th percentile) and bottom (25th percentile) quartiles of the reference population. Consumption of foods high in omega-3 fatty acids (EPA and DHA) or supplements containing omega-3 fatty acids can increase the Omega-3 Index.

Index <2.2: High
Index 2.2-3.2: Moderate
Index >3.2: Optimal

Table with 6 columns: Test Name, Result, Flag, Ref-Ranges, Units, Site. Row 1: Omega-6/Omega-3 Ratio, 3.8, L, 5.7-21.3, QCRL. Row 2: EPA/Arachidonic Acid Ratio, 0.2, QCRL

Reference Range: 0.2 OR LESS

Table with 6 columns: Test Name, Result, Flag, Ref-Ranges, Units, Site. Row 1: Arachidonic Acid, 5.6, 5.2-12.9, %, QCRL. Row 2: EPA, 1.1, 0.2-1.5, %, QCRL. Row 3: DHA, 1.8, 1.2-3.9, %, QCRL

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute San Juan Capistrano. It has not been cleared or approved by FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

Test Performed at: Quest Diagnostics Nichols Institute 33608 Ortega Highway San Juan Capistrano, CA 92675-2042 I Maramica MD, PhD, MBA

LAB: L - LOW, H - HIGH, AB - ABNORMAL, C - CRITICAL, . - NOT TESTED



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QCRL: QUEST DIAGNOSTICS REFERENCE LAB CAPISTRANO 33608 Ortega Highway San Juan Capistrano CA 92675 Performing Site:

Reported Date: 2023.09.12 10:31 OM3FA

LAB: L - LOW, H - HIGH, AB - ABNORMAL, C - CRITICAL, . - NOT TESTED

F312000003
WX0000003826

Ordered By: KAJAL SITWALA, MD, PhD
WX00000000002353

Printed D&T: 09/12/23 10:32

Kajal V. Sitwala, MD, PhD - Medical Director

Form: MM RL1

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