

Jansen , Norman

Your HS-Omega-3 Index is: 2.83%. It is below the target range of 8% - 11%.
Your Omega-6/Omega-3 ratio is: 13:1. It is outside the target range of 5:1 up to 2:1.
It is advisable to urgently change your eating habits and have your HS-Omega-3 Index re-evaluated after three to four months.

What does HS-Omega-3 Index mean?

As your HS-Omega-3 Index increases you are better protected against a fatal cardiac arrest. HS-Omega-3 Index represents the content of EPA and DHA, as a percentage of total fatty acids in your red blood cells. A HS-Omega-3 Index of 8% or higher is the ideal target. Then you have a lower risk of cardiovascular diseases while your cells are kept younger for longer.

Your HS-Omega-3 Index is 4% or lower, you should urgently change your eating habits, since this indicates that your risk of sudden cardiac death and other cardiovascular incidents is very high.

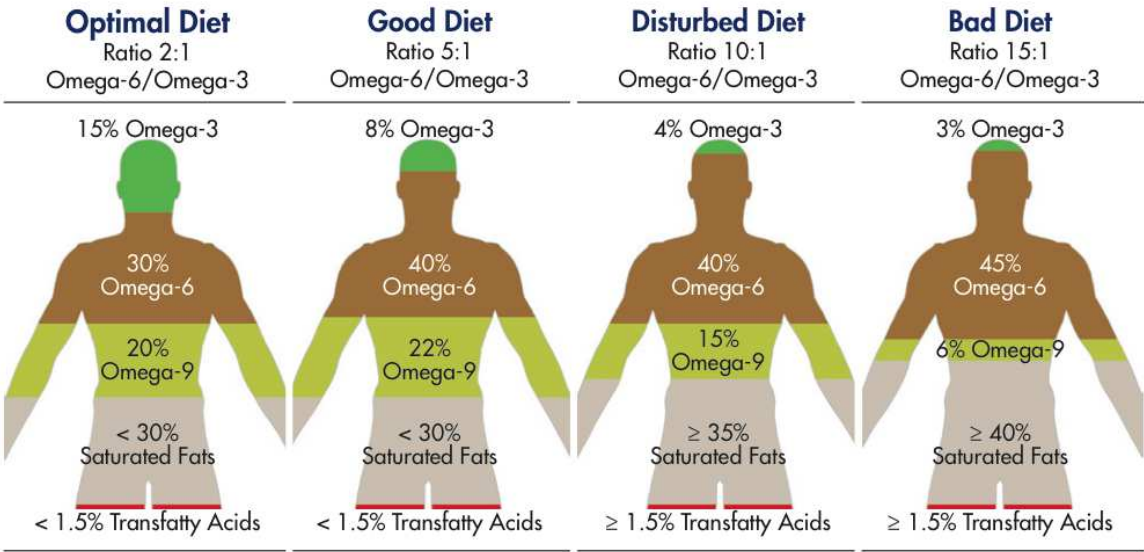
You can bring your HS-Omega-3 Index into the target range by increasing your consumption of omega-3 fatty acids. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the two omega-3 fatty acids that can make the difference. EPA and DHA are found in fatty and semi-fatty fish (salmon, sardines, halibut, herring, mackerel, etc.), seafood (lobster, oysters, prawns, etc.) and seaweed/see algae. They can also be found in dietary supplements that have different concentrations of EPA and DHA. Consider a well-controlled supplement to provide you with a minimum of 1000 mg of EPA and DHA per day (www.minami-nutrition.com).

Food supplementation is considered safe with regard to contamination levels. Long-living predatory fish (tuna, shark, marlin or swordfish) have large amounts of substances like methylmercury, which makes consumption of larger amounts inadvisable, especially during pregnancy. Less problematic are small fishes such as anchovy and mackerel.



Balance your Omega-6 and Omega-3

You are still too much engaged in Western-style eating habits. A Westerner typically ingests too many omega-6 fatty acids from meat, dairy produce and vegetable oils, such as safflower, sunflower, corn, sesame and peanut oil. Reducing Omega-6 intake and boosting Omega-3 can bring you in between the 5:1 up to 2:1 optimal balance, versus the 15:1 ratio so common in Western diet.



Please note that consuming alpha-linolenic acid (ALA) - the vegetable omega-3 fatty acid present in green leafed vegetables, flax seed, walnut or rapeseed oil - will improve your balance between Omega-3 and Omega-6 but does not increase your HS-Omega-3 Index. The body will only produce very small quantities of EPA and DHA from ALA (ALA → EPA → DHA), and this conversion is not sufficient to provide the daily requirement of EPA and DHA. To increase your HS-Omega-3 Index you need preformed EPA and DHA.

With kind regards,
Nutrogenics

For further inquiries please mail: research@nutrogenics.com

analysed by Omegamatrix

HS-Omega-3 Index® - Reference sheet

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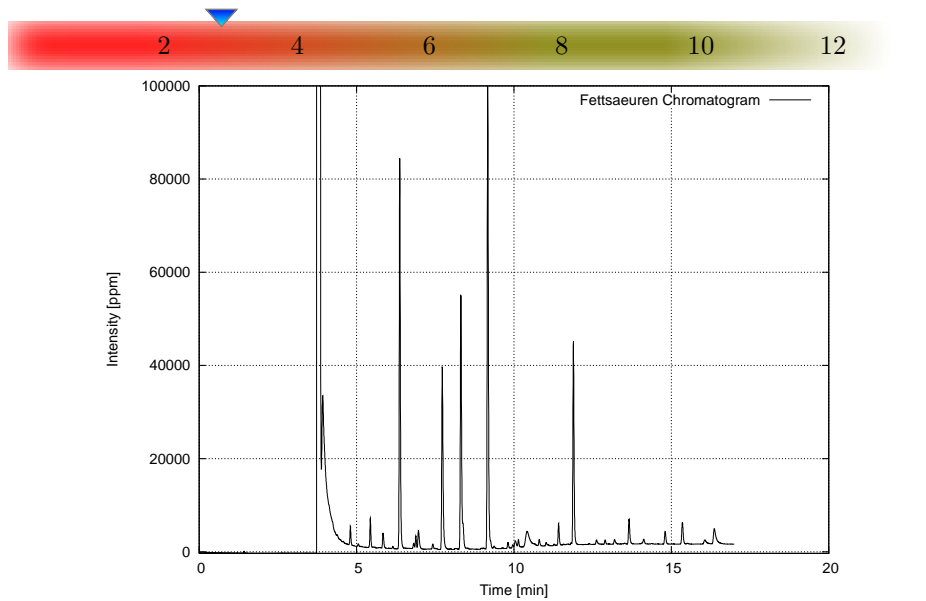
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Ω-3 Fatty acids: 3.31% (Sum)

α-Linolen (ALA) 18:3 ω3	0.34%
Eicosapentaen (EPA) 20:5 ω3	0.27%
Docosapentaen (DPA) 22:5 ω3	0.94%
Docosahexaen (DHA) 22:6 ω3	1.76%

Ω-6 Fatty acids: 43.60% (Sum)

Linol (LA) 18:2 ω6	27.60%
γ-Linolen (GLA) 18:3 ω6	0.35%
Dihomo-γ-linolen (DGLA) 20:3 ω6	1.24%
Arachidon (AA) 20:4 ω6	11.88%
Docosatetraen (DTA) 22:4 ω6	1.80%
Eicosadien 20:2 ω6	0.35%
C22:5n6	0.38%

Ω-9 Fatty acids: 16.71% (Sum)

Ölsäure 18:1 ω9	16.22%
Gondon 20:1 ω9	0.12%
Nervon 24:1 ω9	0.37%

Trans-Fatty acids: 0.41% (Sum)

Palmitolein 16:1 ω7t	0.15%
Elaidin 18:1 ω9t	0.09%
C18:2 ω6tt	0.03%
C18:2 ω6ct	0.01%
C18:2 ω6tc	0.13%

Saturated Fatty acids: 34.73% (Sum)

C14:0	1.01%
Palmitin 16:0	20.87%
Stearin 18:0	12.45%
Lignocerin 24:0	0.40%