### 3511 Bloodspot Fatty Acids Profile

**Methodology:** Capillary Gas Chromatography/Mass Spectrometry

Ranges: Ages 13 and over.

<table>
<thead>
<tr>
<th>Results</th>
<th>Area %</th>
<th>QUINTILE DISTRIBUTION</th>
<th>95% Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1st</td>
<td>2nd</td>
</tr>
</tbody>
</table>

#### Polyunsaturated Omega-3

1. Alpha Linolenic (ALA) (18:3n3)  
   - Result: 0.19  
   - Area %: 0.17  
   - Q5: 0.15  
   - Range: 0.10 - 0.54

2. Eicosapentaenoic (EPA) (20:5n3)  
   - Result: 0.35  
   - Area %: 0.68  
   - Q5: 0.15  
   - Range: 0.08 - 1.55

3. Docosahexaenoic (DHA) (22:6n3)  
   - Result: 1.13  
   - Area %: 0.68  
   - Q5: 0.68  
   - Range: 0.33 - 2.51

#### Polyunsaturated Omega-6

4. Linoleic (LA) (18:2n6)  
   - Result: 16.7  
   - Area %: 11.5  
   - Q5: 0.04  
   - Range: 10.3 - 18.6

5. Gamma Linolenic (GLA) (18:3n6)  
   - Result: 0.04  
   - Area %: 0.39  
   - Q5: 0.18  
   - Range: 0.03 - 0.24

6. Dihomogamma Linolenic (DGLA) (20:3n6)  
   - Result: 0.70  
   - Area %: 3.0  
   - Q5: 0.88  
   - Range: 0.30 - 1.08

7. Arachidonic (AA) (20:4n6)  
   - Result: 4.6  
   - Area %: 6.5  
   - Q5: 2.2  
   - Range: 2.2 - 7.5

#### Trans

8. Total C:18 Trans Fatty Acids  
   - Result: 0.13  
   - Area %: 0.42  
   - Q5: <= 0.59

#### Ratios

9. LA/GLA (Desaturation efficiency)  
   - Result: 418  
   - Area %: 252  
   - Q5: 54  
   - Range: 54 - 532

10. AA/EPA (Eicosanoid Series 2/3)  
    - Result: 13.1  
    - Area %: 31.8  
    - Q5: 2.6  
    - Range: 2.6 - 61.6

11. EPA/DGLA (Eicosanoid Series 3/1)  
    - Result: 0.50  
    - Area %: 1.56  
    - Q5: 0.11  
    - Range: 0.11 - 3.42

12. Index of Omega-3 Fatty Acids (EPA + DHA%)  
    - Result: 1.48  
    - Area %: 1.56  
    - Q5: >= 0.53  
    - Range: >= 0.53
Additional Considerations

Nutrient supplementation is at the discretion of the treating clinician. The supplement dose ranges provided below are meant for educational purposes only. These dosage ranges relate to findings commonly found on Genova’s nutritional panels and do not apply to specific disease conditions where different dosages may be warranted. Final recommendations should be based on consideration of the patient’s medical history and current clinical condition.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Nutrient Need</th>
<th>Clinician Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Oil</td>
<td>Optional: 0-500 mg</td>
<td></td>
</tr>
<tr>
<td>Black Current Oil/Evening Primrose Oil</td>
<td>Optional</td>
<td></td>
</tr>
</tbody>
</table>

Various conditionally essential nutrients and other potentially beneficial interventions appear in this section only if relevant abnormalities are present.