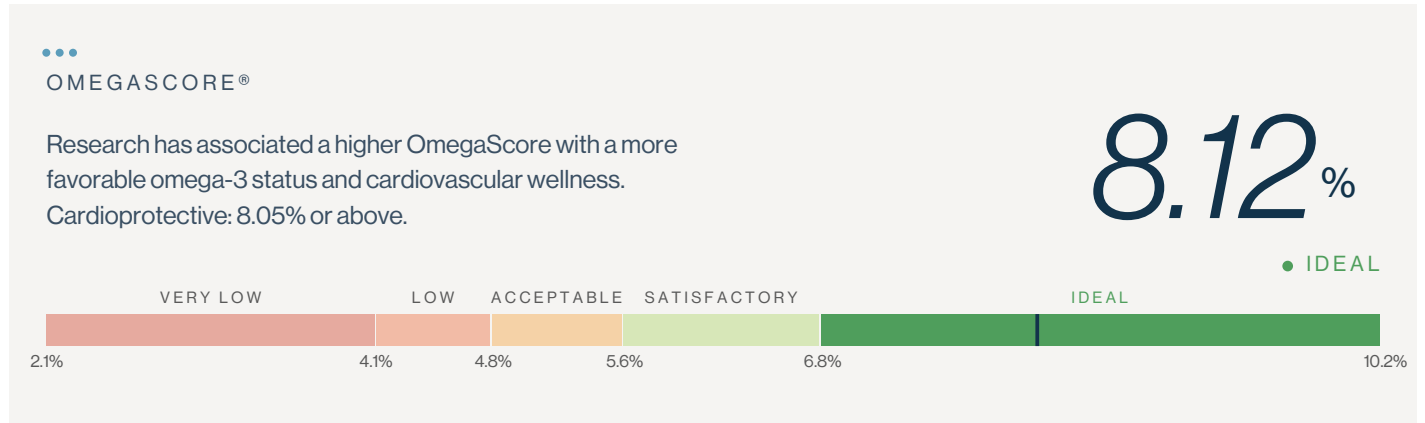


BLOOD SPOT RESULT

OmegaScore®

The combined percentage of EPA, DHA, and DPA in whole blood — omega-3 status, captured.



SUPPORTING MARKERS

Detail in OmegaScore Plus

At a glance

OMEGA-6 : OMEGA-3

2.97:1
● IDEAL



Lower indicates a more anti-inflammatory dietary balance. Target ≤ 4:1.

AA : EPA

3.46:1
● WARNING



A balanced ratio supports cellular function and immune regulation.

WHAT IT MEANS

An Ideal OmegaScore reflects a favorable long-term omega-3 status — supporting heart, brain, and metabolic resilience.

OmegaScore® reflects both recent dietary intake and intermediate-term storage of long-chain omega-3 fatty acids. Research has associated a higher score with cardiovascular wellness and healthy aging (Harris & von Schacky, 2004).

For a deeper interpretation including ratios and trans-fat detail, see the OmegaScore Plus report. For the full fatty-acid panel and patient guide, see [OmegaScore Complete](#).