

OMEGAScore PLUS

OmegaScore & Trans Fat

OMEGAScore®

A higher OmegaScore reflects a more favorable omega-3 status, which research has associated with cardiovascular wellness.

8.12%



INTERPRETATION

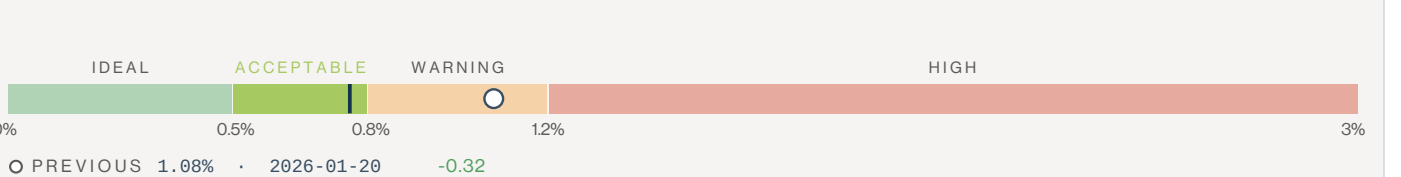
Reading the OmegaScore

OmegaScore® quantifies the combined percentage of EPA, DHA, and DPA — key omega-3 fatty acids in whole blood — capturing both recent dietary intake (plasma) and intermediate-term storage (blood cells). Research has associated a higher whole-blood omega-3 status with cardiovascular wellness and healthy aging (Harris & von Schacky, 2004); an OmegaScore at or above 8.05% is reported as cardioprotective, 3.84–8.05% as intermediate, and below 3.84% as higher-risk. A higher dietary intake of EPA and DHA from oily fish or quality supplements has been associated with a rising OmegaScore, with blood levels typically equilibrating over 3–4 months.

% TRANS FATTY ACIDS

The desirable range is below 0.5% of total fatty acids.

0.76%



INTERPRETATION

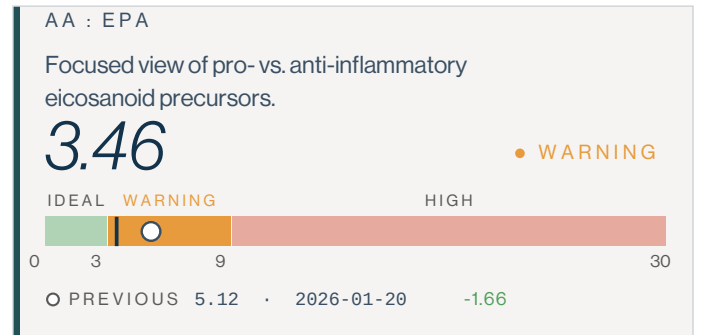
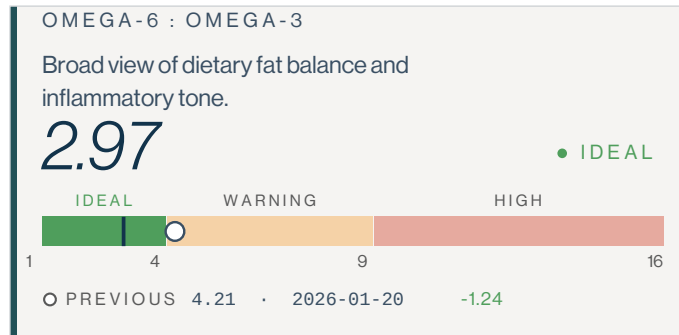
Reading the trans fat level

% Trans Fat indicates the proportion of trans fatty acids among total blood fatty acids. Research has linked higher trans-fat levels — especially from partially-hydrogenated oils — with less favorable cardiovascular, inflammatory, and metabolic measures (Mozaffarian & Wu, 2011). A desirable level is below 0.5%; values above 1.2% have been associated with a higher intake from processed or fried foods.

OMEGAScore PLUS

Omega Ratios

Two ratios that translate fatty-acid balance into an inflammatory tone.



INTERPRETATION

Reading these ratios

The Omega-6 : Omega-3 ratio offers key insight into inflammatory tone and dietary fat balance. Research has associated elevated ratios — common in Western dietary patterns — with a more pro-inflammatory state, and evolutionary work has suggested humans were adapted to a ratio far closer to balance (Simopoulos, 2002). A more balanced ratio, near 4:1 or lower, has been associated with anti-inflammatory pathways and long-term wellness.

A balanced AA:EPA ratio has been associated with cellular function, immune regulation, and metabolic resilience (Calder, 2013). Tracked alongside omega-6:omega-3, it offers a deeper view of how diet and lifestyle shape long-term wellness, and it may inform personalized nutrition and supplementation.

The AA : EPA ratio is a wellness marker that reflects the body's balance between pro- and anti-inflammatory fatty acids. While the omega-6:omega-3 ratio provides a broad view of dietary fat intake, the AA:EPA ratio offers a more focused view of how these fats may influence the body's inflammatory environment.

Both ratios shifted most efficiently in studies when EPA and DHA intake rose from fish or quality supplements — omega-6 blood levels responded less readily to dietary change. Ratios typically reached a new steady state over 3–4 months.

PRACTITIONER NOTE

Research has tied a higher omega-3 status to healthy aging. Higher levels of the main omega-6 (linoleic acid) — not lower — have also been associated with more favorable heart and metabolic measures, so raising EPA and DHA has generally mattered more than restricting omega-6.