ARE YOU OMEGA-3 DEFICIENT? THIS SIMPLE TEST TELLS YOU


Omega-
3
VS
OMEGA
6

Omega-3 Fatty Acids

Fact Sheet for Health Professionals

Collapse All

Consumer | Datos en español | Health Professional | Other Resources

Table of Contents

This is a fact sheet intended for health professionals. For a general overview, see our consumer fact sheet.

Introduction

The two major classes of polyunsaturated fatty acids (PUFAs) are the omega-3 and omega-6 fatty acids. Like all fatty acids, PUFAs consist of long chains of carbon atoms with a carboxyl group at one end of the chain and a methyl group at the other. PUFAs are distinguished from saturated and monounsaturated fatty acids by the presence of two or more double bonds between carbons within the fatty acid chain.

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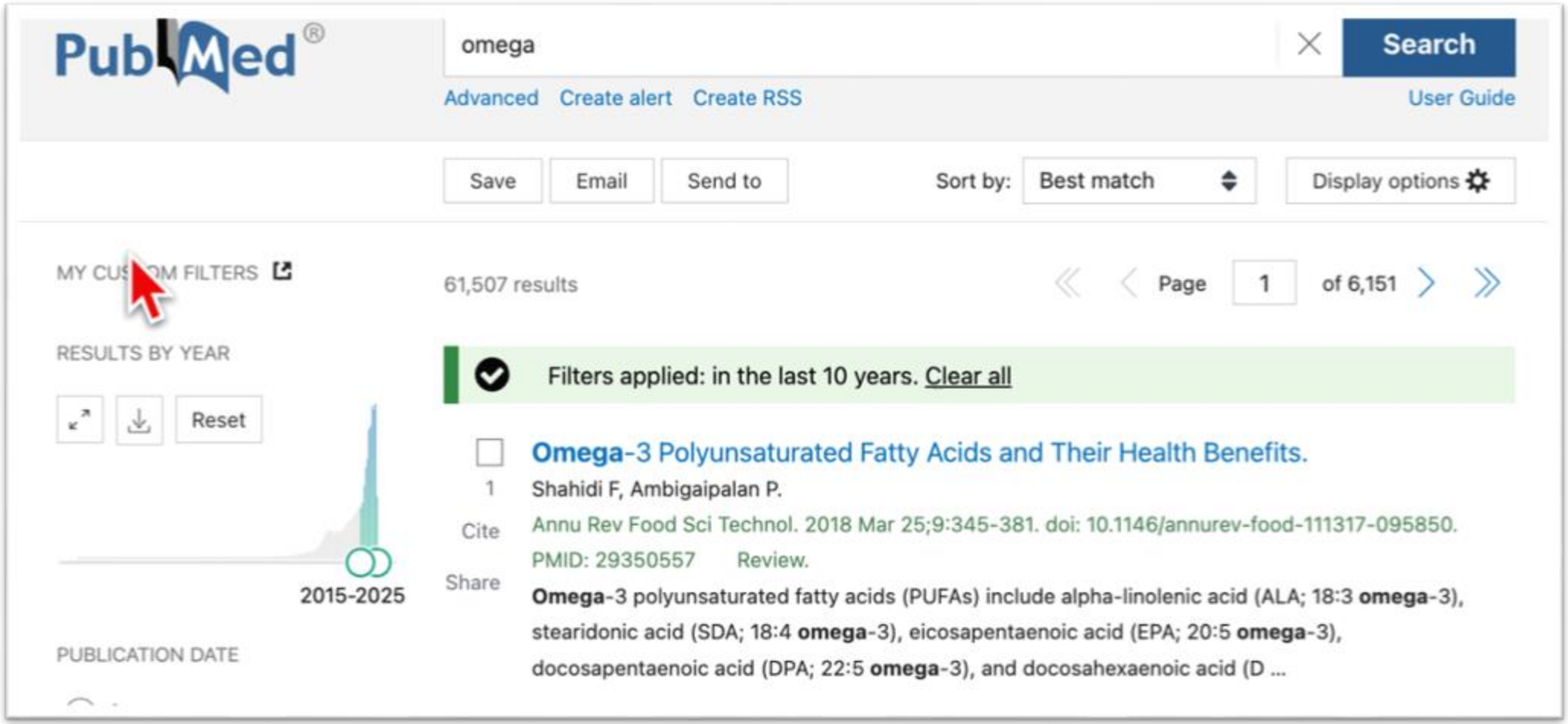
Omega-3 fatty acids (omega-3s) have a carbon–carbon double bond located three carbons from the methyl end of the chain. Omega-3s, sometimes referred to as n-3s, are present in certain foods such as flaxseed and fish as well as dietary supplements such as fish oil. Several different omega-3s exist, but the majority of scientific esearch focuses on three: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). ALA contains 18 carbon atoms, whereas EPA

https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/



https://pubmed.ncbi.nlm.nih.gov/?term=omega&filter=datesearch.y_10

Please list your 5 major health concerns in order of importance:

1.	Gastritis, Heartburn, Indigestion, GERD
2.	Fatigue, Low Energy, Brain Fog
3.	Low Weight, Unable to Gain Weight
4.	Upper/Mid-back Pain, Neck Pain
5.	Diet


Omega-
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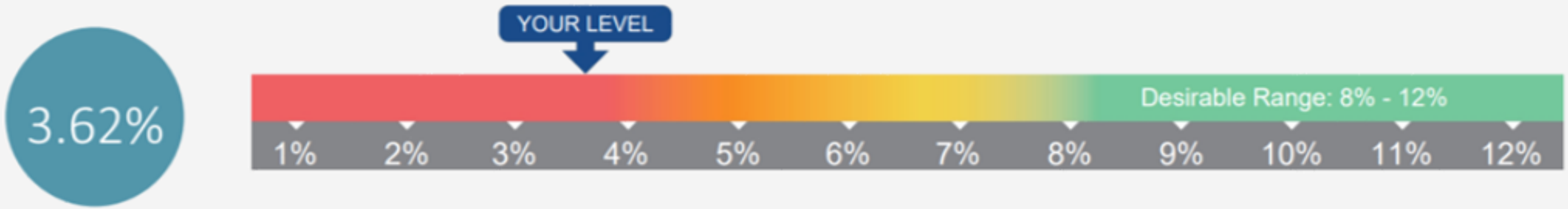
Your Omega-3 Index

Reference Range*: 3.00 - 14.10%

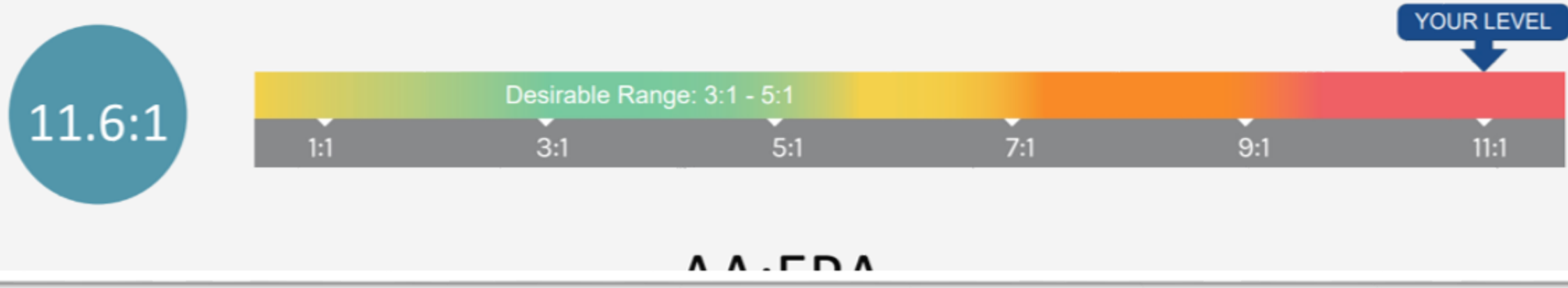


* Reference Ranges encompass about 99% of fatty acids levels measured in US adults. Visit our FAQ section for more information on ranges.

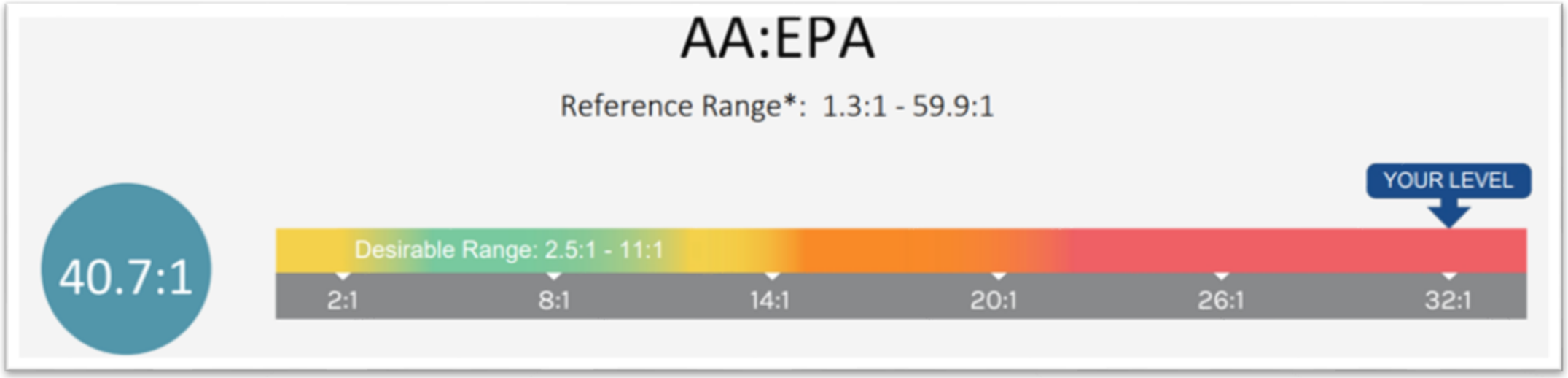
The Omega-3 Index is the proportion of long-chain omega-3s, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), of all fatty acids in your red blood cell membranes. It reflects the omega-3 status of your body over the last 4 months, similar to how hemoglobin A1C reflects long-term glucose blood levels. As a part of an overall healthy lifestyle, an Omega-3 Index in the **8-12%** range may help to maintain heart, brain, eye and joint health. To increase your Omega-3 Index, eat foods rich in EPA and DHA, especially "oily" fish such as those in the accompanying table. They can also be obtained from dietary supplements (fish, krill, cod liver, algal oils) and functional foods (omega-3 enriched milk, eggs, etc.).

Omega-6:Omega-3

Reference Range*: 2.1:1 - 13.6:1



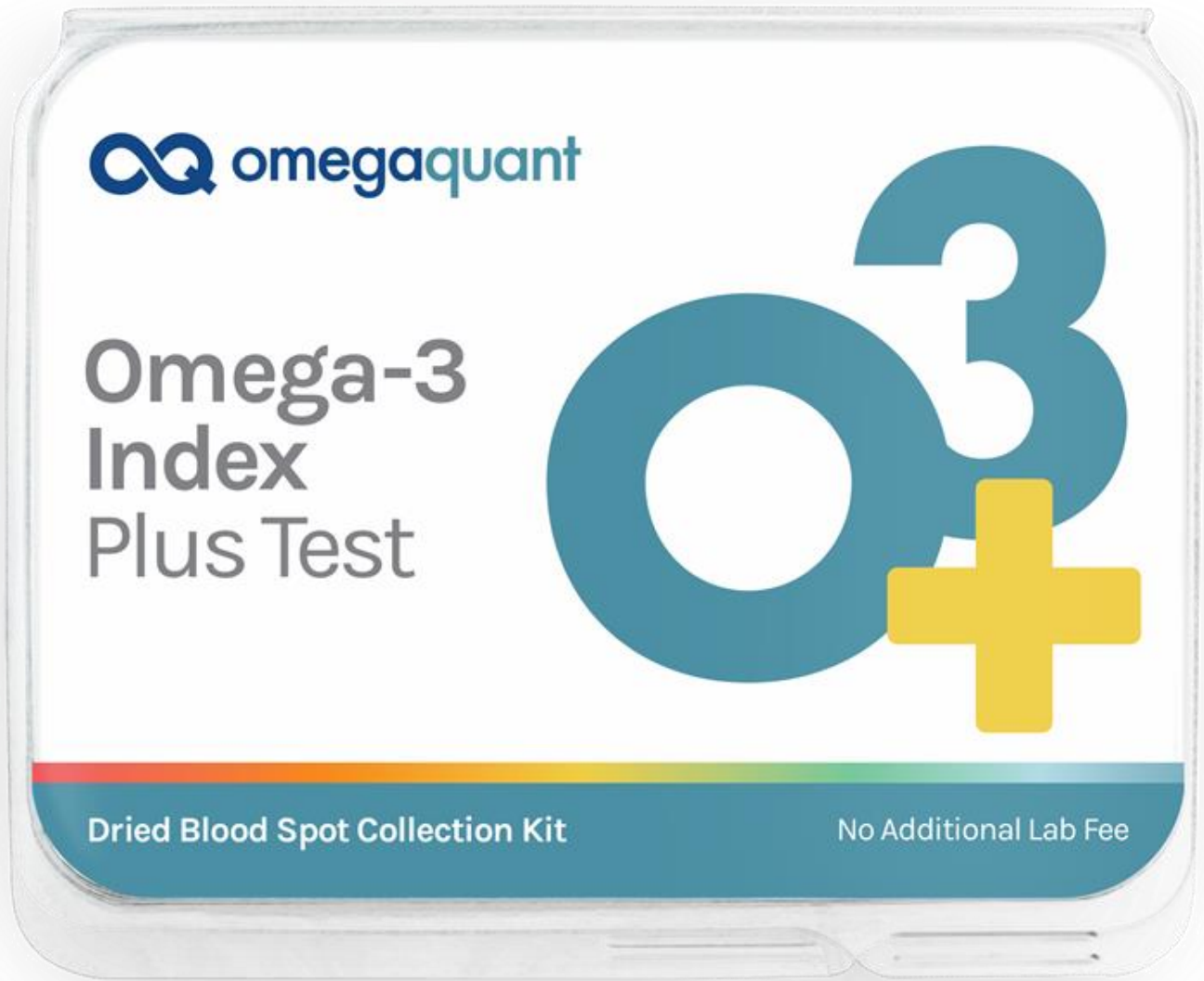
AA:EPA



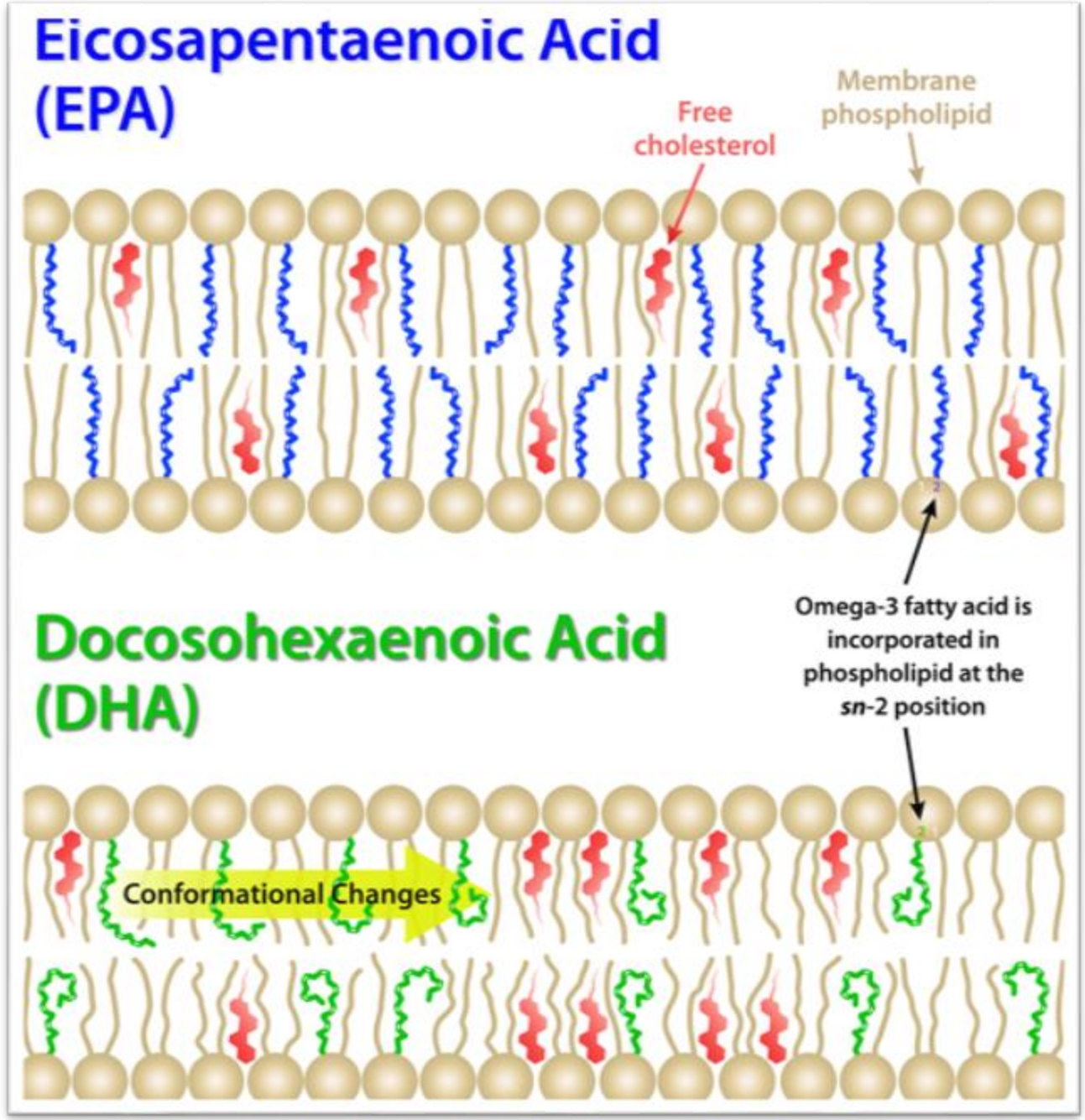
Arachidonic acid (AA) is a type of omega-6 fatty acid

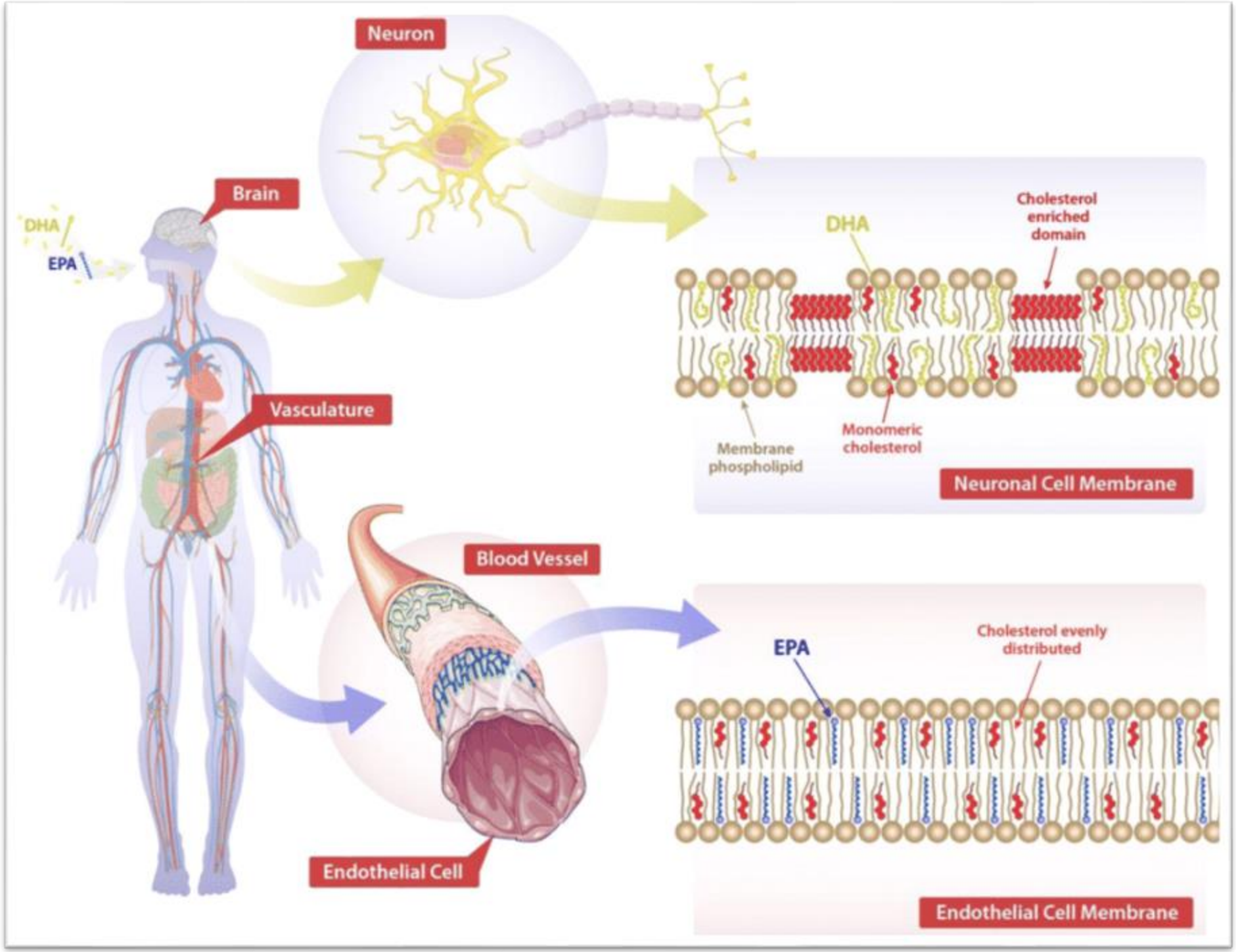
- Elevated AA levels and a high AA/EPA ratio can be indicators of an inflammatory state.

Please consult with your healthcare provider before making any dietary changes. The most efficient way to lower both the Omega-6:Omega-3 and the AA:EPA ratios is to consume more omega-3 EPA and DHA from fish or supplements (see attached table). Omega-6 blood levels are less responsive to dietary changes than omega-3 blood levels. Therefore, lowering dietary omega-6s as a strategy to correct these ratios is typically less effective than raising intake of EPA and DHA. It will take 3-4 months for these ratios to reach their new levels and we recommend re-testing at that time.


omegaquant
Omega-3
Index
Plus Test
Dried Blood Spot Collection Kit
No Additional Lab Fee

$48


Eicosapentaenoic Acid (EPA)
Free cholesterol
Membrane phospholipid
Omega-3 fatty acid is incorporated in phospholipid at the sn-2 position
Docosohexaenoic Acid (DHA)
Conformational Changes


Neuron
Brain
DHA
EPA
Vasculature
Blood Vessel
Endothelial Cell
DHA
Cholesterol enriched domain
Membrane phospholipid
Monomeric cholesterol
Neuronal Cell Membrane
EPA
Cholesterol evenly distributed
Endothelial Cell Membrane