



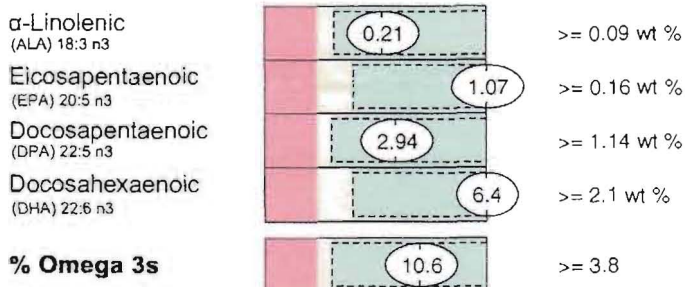
Patient:
Age: 34
Sex: M
MRN: 0000993004

Order Number: **A4150241**

Completed: August 22, 2008
Received: August 15, 2008
Collected: August 14, 2008

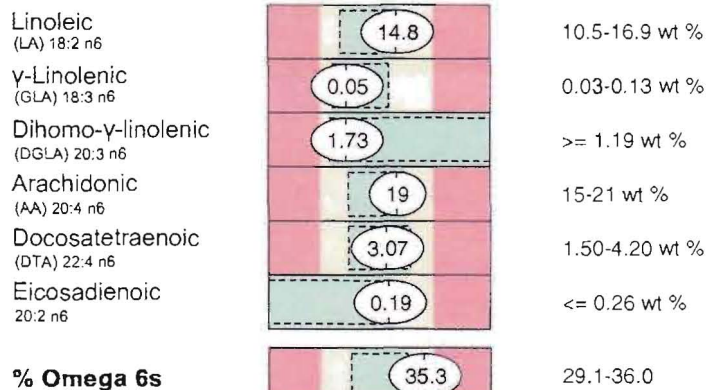
Omega 3 Fatty Acids

(cold water fish, flax, walnut)



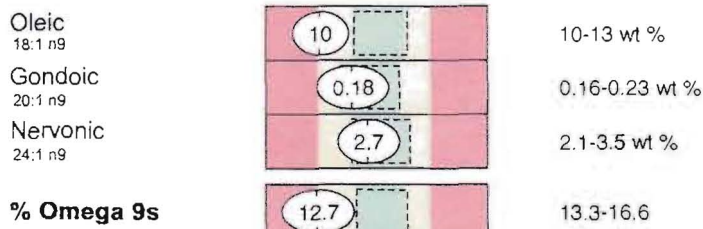
Omega 6 Fatty Acids

(vegetable oil, grains, most meats, dairy)

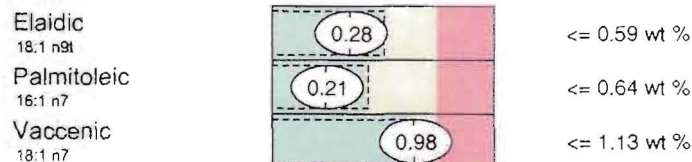


Omega 9 Fatty Acids

(olive oil)

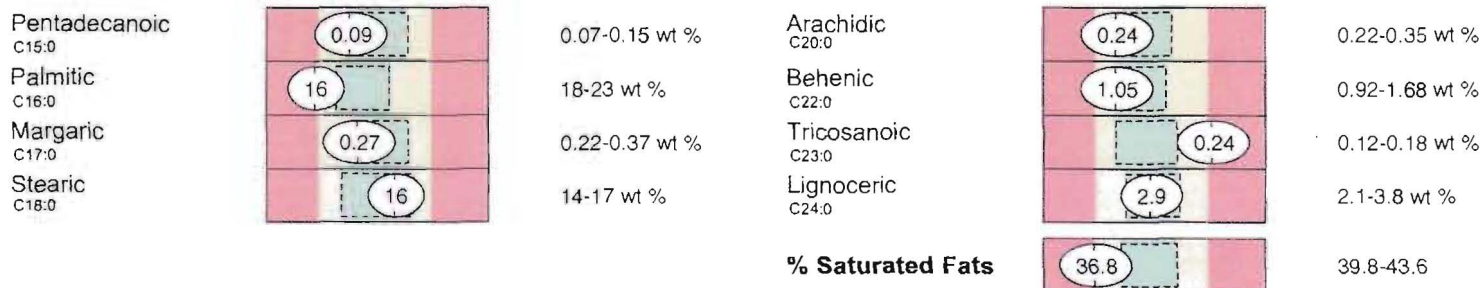


Trans and Omega 7 Fatty Acids



Saturated Fatty Acids

(meat, dairy, coconuts, palm oils)



Fatty Acid Distribution

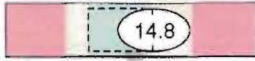
	Omega 3	Omega 6	Omega 9	Saturated	Trans	Omega 7
Average EMFA Distribution (based on median values)	5.5 %	34.3 %	15.6 %	43.0 %	0.4 %	1.3 %
Your EMFA Distribution	10.6 %	35.3 %	12.7 %	36.8 %	0.28 %	1.20 %

Essential Fatty Acid Metabolism

Omega 6 Family

Omega 3 Family

Linoleic Acid
(LA) 18:2 n6
grains, vegetable oils



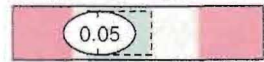
α -Linolenic Acid
(ALA) 18:3 n3
flax, walnut, grasses



Delta-6 Desaturase

Vitamin and Mineral Cofactors:
FAD (B2), Niacin (B3)
Pyridoxal-5-phosphate (B6)
Vitamin C, Insulin, Zn, Mg

γ -Linolenic Acid
(GLA) 18:3 n6
evening primrose, borage, black currant

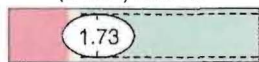


18:4 n3

Elongase

Vitamin and Mineral Cofactors:
Niacin (B3)
Pyridoxal-5-phosphate (B6)
Pantothenic Acid (B5)
Biotin, Vitamin C

Dihomo- γ -linolenic Acid
(DGLA) 20:3 n6



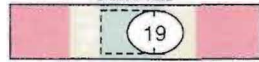
20:4 n3

**Series 1 Prostaglandins
Anti-inflammatory**

Delta-5 Desaturase

Vitamin and Mineral Cofactors:
FAD (B2), Niacin (B3)
Pyridoxal-5-phosphate (B6)
Vitamin C, Insulin, Zn, Mg

Arachidonic Acid
(AA) 20:4 n6
animal fats



Eicosapentaenoic Acid
(EPA) 20:5 n3
cold water fish



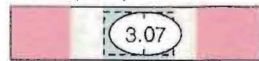
**Pro-inflammatory
Eicosanoids**

Elongase

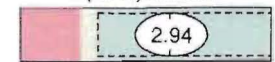
Vitamin and Mineral Cofactors:
Niacin (B3)
Pyridoxal-5-phosphate (B6), Biotin
Pantothenic Acid (B5), Vitamin C

**Anti-inflammatory
Eicosanoids**

Docosatetraenoic Acid
(DTA) 22:4 n6



Docosapentaenoic Acid
(DPA) 22:5 n3



Elongase Delta-6 Desaturase Partial B-Oxidation

Vitamin and Mineral Cofactors:
FAD (B2), Niacin (B3)
Pyridoxal-5-phosphate (B6), Biotin
Vitamin C, Zn, Mg, Carnitine
Pantothenic Acid (B5)

Docosapentaenoic Acid
22:5 n6

Docosahexaenoic
(DHA) 22:6 n3
cold water fish

