
HS-Omega-3 Index[®] Report

OmegaQuant LLC
2329 N Career Ave
Suite 113
Sioux Falls, SD 57107 USA



Phone: 1-800-949-0632
Fax: 1-800-526-9873
info@omegaquant.com
www.omegaquant.com

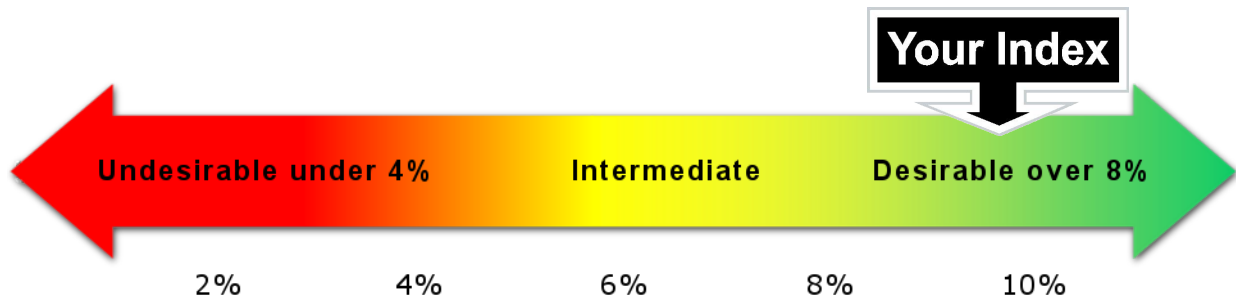
Name: Hyman, Mark
ID: MHyman

Result Date: September 02, 2011
Provider: Dr. Hyman
Account: MTG - Metagenics

Collection Date: August 29, 2011

HS-Omega-3 Index[®] = 9.7%

Reference Range*: 0.5% - 10.6%



Your HS-Omega-3 Index is within the target range. You are advised to maintain your current intake of omega-3 fatty acids.

For your reference, the accompanying table shows the EPA and DHA content of many fish as well as fish oil supplements. Those shown in bold are considered oily fish.

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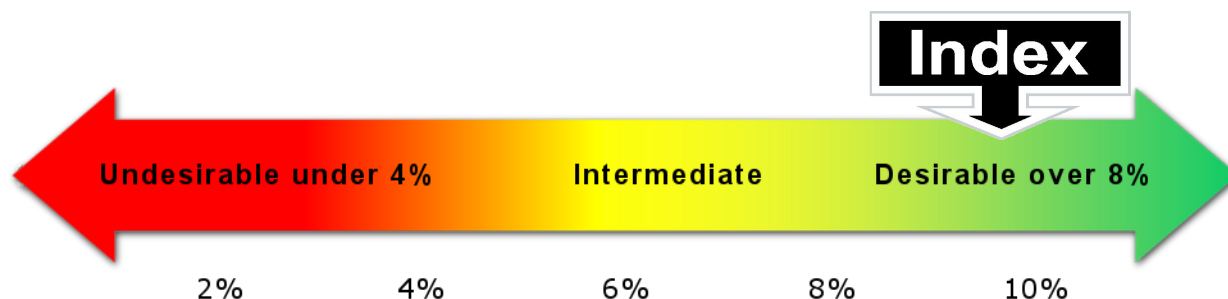
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Dried Blood Spot Fatty Acid Profile

| | | | | | |
|-----------------------|---------------|---------------|---------------------------------|-----------|---------------|
| Omega-3 Fatty Acids | | | cis-Monounsaturated Fatty Acids | | |
| Alpha-Linolenic | (18:3n3) | 0.3 % | Palmitoleic | (16:1n7) | 0.5 % |
| Eicosapentaenoic | (EPA, 20:5n3) | 3.7 % | Oleic | (18:1n9) | 16.4 % |
| Docosapentaenoic-n3 | (22:5n3) | 2.8 % | Eicosenoic | (20:1n9) | 0.3 % |
| Docosahexaenoic | (DHA, 22:6n3) | 5.0 % | Nervonic | (24:1n9) | 0.4 % |
| Range*: 0.0% - 12.8% | | Total: 11.8 % | Range*: 11.6% - 30.3% | | Total: 17.6 % |
| Omega-6 Fatty Acids | | | Saturated Fatty Acids | | |
| Linoleic | (18:2n6) | 17.1 % | Myristic | (14:0) | 0.9 % |
| Gamma-Linolenic | (18:3n6) | 0.0 % | Palmitic | (16:0) | 23.5 % |
| Eicosadienoic | (20:2n6) | 0.3 % | Stearic | (18:0) | 15.9 % |
| Dihomo-γ-linolenic | (20:3n6) | 1.2 % | Arachidic | (20:0) | 0.3 % |
| Arachidonic | (AA, 20:4n6) | 8.3 % | Behenic | (22:0) | 0.2 % |
| Docosatetraenoic | (22:4n6) | 0.9 % | Lignoceric | (24:0) | 0.1 % |
| Docosapentaenoic-n6 | (22:5n6) | 0.2 % | Range*: 26.0% - 38.5% | | Total: 40.9 % |
| Range*: 26.1% - 51.2% | | Total: 28.0 % | Trans Fatty Acids | | |
| Fatty Acids Ratios | | | Trans Palmitoleic | (16:1n7t) | 0.3 % |
| Omega-6:Omega-3 | (0.0 – 14.9)* | 2.4 | Trans Oleic | (18:1t) | 0.5 % |
| AA:EPA | (0.0 – 59.1)* | 2.2 | Trans Linoleic | (18:2n6t) | 0.7 % |
| | | | Range*: 0.0% - 4.8% | | Total: 1.5 % |

*Reference range is derived from 992 subjects (mean age 67 years).

Please visit the FAQs on our website for more information.

The Content of EPA and DHA (in mg) in Commonly Consumed Types of Fish¹ and in Fish Oil Supplements (per 3 oz/85 g serving)

| <u>Fish and Seafood</u> | <u>EPA</u> | <u>DHA</u> | <u>EPA+DHA</u> |
|--|------------|------------|----------------|
| Atlantic Salmon (farmed) ² | 587 | 1238 | 1825 |
| Pacific Herring | 1056 | 751 | 1807 |
| Atlantic Herring | 773 | 939 | 1712 |
| Atlantic Salmon (wild) | 349 | 1215 | 1564 |
| Bluefin Tuna | 309 | 970 | 1279 |
| Pink Salmon (wild) | 456 | 638 | 1094 |
| Coho Salmon (farmed) ² | 347 | 740 | 1087 |
| Mackerel (canned) | 369 | 677 | 1046 |
| Sockeye Salmon (wild) | 451 | 595 | 1046 |
| Chum Salmon (canned) | 402 | 597 | 999 |
| Rainbow Trout (farmed) ² | 284 | 697 | 981 |
| Coho Salmon (wild) | 341 | 559 | 900 |
| Sardines (canned) | 402 | 433 | 835 |
| Albacore (or White) Tuna (canned) ³ | 198 | 535 | 733 |
| Shark (raw) | 267 | 444 | 711 |
| Swordfish ³ | 117 | 579 | 696 |
| Sea Bass | 175 | 473 | 648 |
| Pollock | 77 | 383 | 460 |
| Flat fish (Flounder/sole) | 207 | 219 | 426 |
| Blue Crab | 207 | 196 | 403 |
| Halibut | 77 | 318 | 395 |
| Oysters (farmed) ² | 195 | 179 | 374 |
| King Crab | 251 | 100 | 351 |
| Walleye | 93 | 245 | 338 |
| Dungeness Crab | 239 | 96 | 335 |
| Scallops | 141 | 169 | 310 |
| Skipjack Tuna | 77 | 201 | 278 |
| Mixed Shrimp | 145 | 122 | 267 |
| Clams | 117 | 124 | 241 |
| Yellowfin Tuna | 40 | 197 | 237 |
| Light Chunk Tuna | 40 | 190 | 230 |
| Catfish (wild) | 85 | 116 | 201 |
| Catfish (farmed) ² | 42 | 109 | 151 |
| Cod | 3 | 131 | 134 |
| Mahi-Mahi (dolphin fish) | 22 | 96 | 118 |
| Tilapia | 4 | 111 | 115 |
| Orange Roughy | 5 | 21 | 26 |

Dietary Supplements

Amount (mg) per 1,000 mg capsule or per teaspoon

| | | | |
|---|------------|------------|-------------|
| Metagenics EPA-DHA Extra Strength | 300 | 200 | 500 |
| Metagenics EPA-DHA Balanced Liquid (tsp) | 600 | 600 | 1200 |
| Standard Drug Store Fish Oil Capsules | 180 | 120 | 300 |
| Fish Oil Concentrates (many varieties) | 100-400 | 100-400 | 300-700 |
| Cod Liver Oil (teaspoon) | 300 | 500 | 800 |

¹ Based on USDA Nutrient Data Lab values. Values are for fish cooked with dry heat unless otherwise noted.

² Although there has been some concern regarding the presence of small amounts of environmental pollutants in some types of farmed fish, the overall health benefit from the omega-3's present in these fish has been calculated to far outweigh the risks. (JAMA. 2006;296:1885-1899)

³ Because of the possibility for mercury contamination, the FDA and EPA recommend that these fish (along with King Mackerel and Tilefish) not be consumed by women who are already or are trying to become pregnant, nursing mothers, and children under the age of two. For all other people, the intakes of these fish should be limited to 6 oz per week (or 12 oz per week for albacore tuna).

Table adapted from Harris et al. Current Atherosclerosis Reports 2008;10:503-509.

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