



TEST PATIENT  
Date of Birth : 01-Jan-1962  
Sex : F  
Collected : 26-Aug-2010

PCNZ

Lab id : 3290672

## INTEGRATIVE MEDICINE

BLOOD - EDTA

Result      Range

### Red Cell Fatty Acids

#### SUMMARY OF ESSENTIAL FATTY ACIDS

Total Saturated: 42 \*H    Ref Range: 24.2 - 29.9%  
Total Monounsaturated: 20.1    Ref Range: 18.1 - 24.8%  
Total n3: 2.0 \*L    Ref Range: 2.4 - 5.4%  
Total n6: 50.1    Ref Range: 40.1 - 52.1%  
RATIO n3/n6: 0.05 \*L    Ref Range: 0.06 - 0.10%

#### SATURATED FATS

Myristic Acid (C14:0) 1.9    Ref Range: 0.3 - 1.9%  
Palmitic Acid (C16:0) 11    Ref Range: 17.1 - 19.6%  
Stearic Acid (C18:0) 7.3    Ref Range: 6.4 - 7.6%  
Arachidic Acid (C20:0) 0.9 \*H    Ref Range: 0.1 - 0.3%  
Behenic Acid (C22:0) 1.8 \*H    Ref Range: 0.3 - 0.6%

#### MONOUNSATURATED FATS

Palmitoleic Acid (C16:1n7) 1.4    Ref Range: 1.0 - 2.1%  
Oleic Acid (C18:1n9) 19.9    Ref Range: 15.6 - 20.6%  
cis Vaccenic Acid (C18:1n7) 1.5    Ref Range: 1.4 - 1.8%  
Gondoic Acid (C20:1n9) 0.2    Ref Range: 0.1 - 0.2%

#### MEAD ACID

Mead Acid (C20:3n9) 1.0    Ref Range: 0.3 - 1.7%  
Mead Acid : Arachidonic Acid Ratio 0.008    Ref Range: < 0.025%

#### n6

Linoleic Acid (C18:2n6) 24.4 \*L    Ref Range: 31.4 - 39.1%  
gamma Linoleic Acid (C18:3n6) 0.4    Ref Range: 0.3 - 0.7%  
Eicosadienoic Acid (C20:2n6) 0.2    Ref Range: 0.2 - 0.3%  
Eicosatrienoic Acid (C20:3n6) 1.8    Ref Range: 1.4 - 2.0%  
Arachidonic Acid (C20:4n6) 3.8 \*L    Ref Range: 6.9 - 10.0%

Low arachidonic acid is seen in patients with mood disorders, ADD and kryptopyroles positive patients.

As the LA is also low, supplement with Omega 6 EFAs to improve both.

#### n3

alpha Linolenic Acid (C18:3n3) 0.4    Ref Range: 0.3 - 0.6%  
Eicosapentaenoic Acid (C20:5n3) 0.2 \*L    Ref Range: 0.3 - 0.9%  
Docosapentaenoic Acid (C22:5n3) 0.4    Ref Range: 0.4 - 0.7%  
Docosaheptaenoic Acid (C22:6n3) 1.2 \*L    Ref Range: 1.4 - 3.2%

AA/EPA Ratio: 19    Preferred Range 1.5-3.0

Comments: Results are suggestive of excessive consumption of saturated fats, insufficient omega 3 EFAs.

EPA/DHA are both low. Suggest supplementation. Suggest increasing EPA supplementation. Try starting with 6g fish oils daily for a month and review ratio.

Review ratio of AA/EPA (new test AA/EPA on its own) if indicated for inflammation 28 days after increased EPA/DHA supplementation.

Tests ordered:      RCFA