



## **Omega-3 Index**

Analysis of Omega-3 Fatty Acids

**SYNLAB**   
SOLUTIONS IN DIAGNOSTICS

[www.synlab-sd.com](http://www.synlab-sd.com)



## Why undergoing this examination?

Omega-3 fatty acids belong to the group of polyunsaturated fats. These types of fatty acids play a role in the proper functioning of various physiological processes and are considered essential, as our body is not always in optimal conditions to synthesize them. For this reason, they must be obtained through diet or dietary supplements. A low level of omega-3 in the body is associated with an increased risk of cardiovascular or cerebrovascular events. On the other hand, it has been demonstrated that there is an association between increased consumption of these fatty acids and a lower predisposition to conditions such as depression or attention deficit hyperactivity disorder (ADHD). Their consumption is also crucial during pregnancy and lactation for the proper neural development of the baby.

## What is the exam?

The test assesses the presence in the body of two of the main omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), obtained both through diet and synthesized in the body from alpha-linolenic acid (ALA). Subsequently, a calculation is made of the percentage that EPA and DHA constitute in relation to the total fatty acids present in the membrane of red blood cells.

## For whom is it indicated?

- Patients with cardiovascular diseases;
- Patients with chronic diseases, including asthma, metabolic, immune, or inflammatory disorders;
- Patients with low mood or depression;
- Children suspected of attention deficit hyperactivity disorder (ADHD);
- During pregnancy, to ensure the correct nutritional intake for the baby.

## Technology

*Gas Chromatography with Flame Ionization Detector (GC-FID)*

## Advantages

### SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

### COMPLETE

- Report with objective results and detailed description.

## Extra Information

**DOCUMENTATION** - Available on the SYNLAB Direct for clients

- Informed consent;
- Clinical questionnaire.

### PREPARATION

- Requires 4 hours of fasting



### Delivery Time

11 business days



### Sample Type

5 mL of whole blood in EDTA  
protected from light