

Omega-3 Index for Pets Test

OMEGA-3 SUPPORT
FOR PETS

Measure Omega-3 Status

Measuring blood levels of omega-3s like EPA and DHA can help to determine appropriate and therapeutic supplementation.



The Omega-3 Index for Pets is a blood test (to be administered by a veterinary professional) that measures the amount of omega-3 fatty acids in red blood cells — a marker that is correlated with overall health. In humans, this index is well-established and has been studied to be a strong predictor of good health.³ Once you know the Omega-3 Index, you can supplement the dog's diet to modify their EPA and DHA levels in the body. Retesting is recommended in 3-4 months to ensure the index has reached a new level.

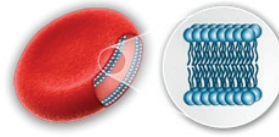
MEASURE: You won't know if a dog's balance of fats is optimal unless they're measured

MODIFY: A low index can be improved by increasing omega-3 intake

MONITOR: Track how dietary changes affect blood levels by testing regularly

How is the Omega-3 Index Derived?

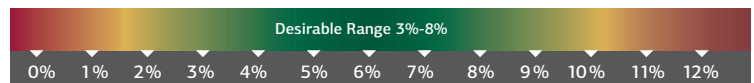
A Blood test that measures the amount of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes and expressed as a percent of total fatty acids.



There are 64 fatty acids in this model membrane, four of which are EPA or DHA.
 $4/64 = 6.25\%$
Omega-3 Index = 6.25%

What is a Desirable Omega-3 Index?

The optimal omega-3 index range for dogs is 3-8%*.



*Reference range encompasses 99% of the fatty acid levels in dogs by OmegaQuant.

5 Simple Steps

1. COLLECT SAMPLE

Follow the step-by-step instructions to collect the sample. Only a few drops of blood are needed.

2. REGISTER KIT

Visit OmegaQuant.com/Start to enter the unique bar code on the sample collection card.

3. MAIL SAMPLE

Put the sample in the prepaid return envelope and drop it in the mail.

4. GET RESULTS

You will get emailed results in 2-4 weeks.

5. CONSULT WITH PET OWNER

Provide guidance and recommendations to modify and supplement dog's diet.

REFERENCES

1. Biagi G, MAL, Cocchi M., Mordenti A. The role of dietary omega-3 and omega-6 essential fatty acids in the nutrition of dogs and cats: a review. *Progress in Nutrition*. 2004;6.
2. Van Vliet T, Katan MB. Lower ratio of n-3 to n-6 fatty acids in cultured than in wild fish. *The American journal of clinical nutrition*. 1990;51:1-2.
3. Michael I McBurney, Nathan L Tintle, Ramachandran S Vasani, Aleix Sala-Vila, William S Harris. Using an erythrocyte fatty acid fingerprint to predict risk of all-cause mortality: the Framingham Offspring Cohort. *The American Journal of Clinical Nutrition*. 2021