



NwJ Omega 3 Test: JOHN DOE, August, 2021

1. Administrative

- I recommend retesting after 3 months of fish and/or fish oil consumption.
- If any physical symptoms aren't improving, I recommend my symptom burden assessment: <https://nutritionwithjudy.com/shopping/health-tests/symptom-burden-assessment/>

2. Omega-3 Index Results

- a. 7.8%
- b. Optimal Range is 8%.
- c. You are almost there.
- d. If you increase fish intake or omega 3 supplementation by one extra serving weekly, this should help.
- e. If you are supplementing, I would take one extra supplement per day
 - i. Take less on days you are eating fish

3. Omega Ratios report

- **Omega-6:Omega-3**
 - a. 4.7:1
 - b. Optimal Range is 3.1 to 5.1
 - c. You are within range but if you are eating a lot of processed foods this indicates you are eating a lot of processed foods
 - d. If you are only eating meat you are eating a lot of processed meat (pork, poultry, fat (chicken, duck, etc.))
- **AA: EPA**
 - a. 7.4:1
 - b. Optimal Range is 2.5: 11-1.
 - c. You are well within range

4. Trans Fat Index

- d. 1.0%
- e. Optimal Range is <1.0%.
- f. If you eat processed foods, that is where the highest amounts of trans fat will be found. (even pork rinds and deli meats, that are highly processed)
- g. If you are eating seed oils, mayo with seed oils and dressings, limit consumption

5. Complete Fatty Acid Report

- **Omega-3 Fatty Acids**
 - a. 7.3%
 - b. Within Reference Range: 2.80 – 13.90%
- **Omega-6 Fatty Acids**
 - a. 34.12%
 - b. Within Reference Range: 26.20 – 43.50%
- **Cis-Monounsaturated Fatty Acids**
 - a. 20.82%
 - b. Within Reference Range: 16.10 – 30.20%

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- **Saturated Fatty Acids**
 - a. 36.47%
 - b. Within Reference Range: 30.60-41.10%
- **Trans Fatty Acids:**
 - a. 1.28%
 - b. Within Reference Range: 0.30 – 1.90%
- **Ratios**
 - a. AA:EPA:
 - i. 7.4:1
 - ii. Within Reference Range: 1.3:1 – 59.9:1
 - b. Omega-6:Omega-3:
 - i. 4.7:1
 - ii. Optimal is 4:1 but 4.7 is good
 - iii. Within Reference Range: 2.1:1-13.6:1

6. Overall Recommendations

- Consider more salmon and salmon roe in your diet.
- Consider more sardines with bone-in

If you can't tolerate fish, I recommend to use [fish oil products](#) every day

- a. BioOmega: <https://nutritionwithjudy.com/shopping/supplements/adrenals/biomega-500/>
- b. MegaOmega: <https://nutritionwithjudy.com/shopping/supplements/gut-health/megaomega/>

- On days you eat fish, you don't have to take fish oil products.
- I recommend at least 3-4 servings (6 ounces) of fish per week.

- Consider **digestive supports** to ensure you are digesting AND absorbing the nutrients from your foods.

- a. Try some basic gut support first:
 - o At the least, take Betaine Plus HP: 1 at beginning of meal (betaine HCl)
<https://nutritionwithjudy.com/shopping/supplements/gut-health/betaine-plus-hp/>
 - o Intenzyme (digestive enzymes): 2 at the beginning or middle of the meal
<https://nutritionwithjudy.com/shopping/supplements/gut-health/intenzyme-forte/>
- b. You can find my gut healing kit here if you need more gut healing support later
<https://nutritionwithjudy.com/shopping/supplements/gut-health/gut-healing-kit/>

- Start with **sole water** in the AM.
 - a. You can start with 1 tsp – 1 tbsp of sole water with 8 ounces of water in the AM.
 - b. If you need more, try another ½ tsp during day (signs: headaches, heart palps).
 - c. Sole recipe: <https://nutritionwithjudy.com/balancing-electrolytes-blood-pressure-and-sole-water-recipe/>
 - d. *Always trust your body and if you don't feel well with sole water, consider using about 2.5 teaspoons of total unrefined salt (Redmond's, Celtic and Himalayan pink salt) on your meats.

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8. OMEGA 3 DEFICIENCY SYMPTOMS



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Symptoms associated with an omega-3 deficiency



Attention problems

Studies have shown lower levels of omega-3 fats have been associated with ADHD.

The exact link is not completely understood, but especially children and adolescents are at risk.

Problems with sleep

People with an omega-3 deficiency often complain about insomnia.

A recent study from The University of Jordan found this fatty acid to be an effective treatment for patients suffering from sleep apnoea.

Being constantly thirsty

If you can't stop drinking water, or urinate too much, it can be a sign you have insufficient omega-3 fatty acids in your diet.

An Australian study found that thirst in rats was reversed by omega-3 fatty acid supplementation.

Essential Fatty Acid Deficiency Side Effects

- hemorrhagic dermatitis
- skin atrophy
- scaly dermatitis
- dry skin
- weakness
- impaired vision
- tingling sensations
- mood swings
- edema
- high blood pressure
- high triglycerides
- hemorrhagic folliculitis
- hemotologic disturbances (ex: sticky platelets)
- immune and mental deficiencies
- impaired growth



9. LOWEST MERCURY FISH OPTIONS



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10. MORE NUTRITIONAL INFO

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Nutrition Facts

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ATLANTIC SALMON

per 100 gram serving
approx. 3.5 ounces

Calcium 9 mg (0.7% DV)	Vitamin A 58 mcg (6.4% DV)	Thiamin (B₁) 0.2 mg (17.3% DV)	Riboflavin (B₂) 0.16 mg (12% DV)	Niacin (B₃) 8.7 mg (54.2% DV)
Chromium trace				Pantothenic Acid (B₅) 1.5 mg (30.9% DV)
Copper 0.04 mg (5% DV)				Vitamin B₆ 0.6 mg (37.4% DV)
Iron 0.34 mg (1.9% DV)				Biotin B₇ 5.9 mcg (19.7% DV)
Magnesium 27 mg (6.4% DV)				Folate (B₉) 26 mcg (6.5% DV)
Manganese 0.02 mg (0.9% DV)				Vitamin B₁₂ 3.2 mcg (134.6% DV)
Molybdenum 3.4 mg (7.6% DV)				Vitamin C 3.9 mg (4.3% DV)
Phosphorous 240 mg (19.2% DV)				Vitamin D 11 mg (55% DV)
Potassium 363 mg (7.7% DV)				Vitamin E 3.6 mg (23.4% DV)
Selenium 24 mcg (43.6% DV)	Choline 72.3 mg (13.2% DV)	Omega 3 2,506 mg	Omega 6 982 mg	Vitamin K 11 mcg (0.6% DV)
Zinc 0.36 mg (3.3% DV)				

ESSENTIAL MINERALS (left side)
ESSENTIAL VITAMINS (right side)

RDAs are based off the Recommended Daily Allowance. There are no missing essential vitamins and no macro minerals missing.

Source: USDA database

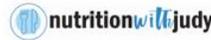
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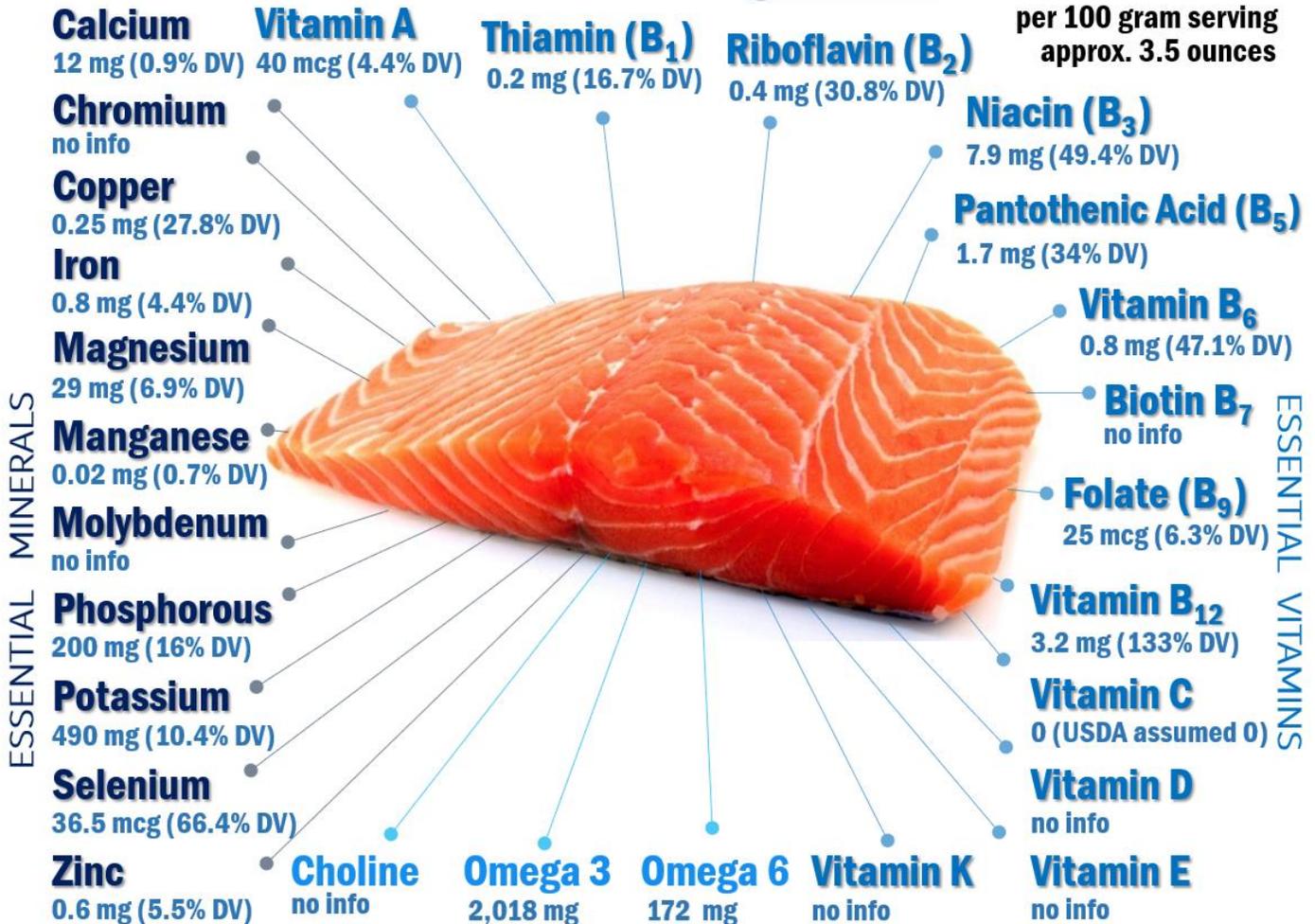


Nutrition Facts

WILD ATLANTIC SALMON



per 100 gram serving
approx. 3.5 ounces

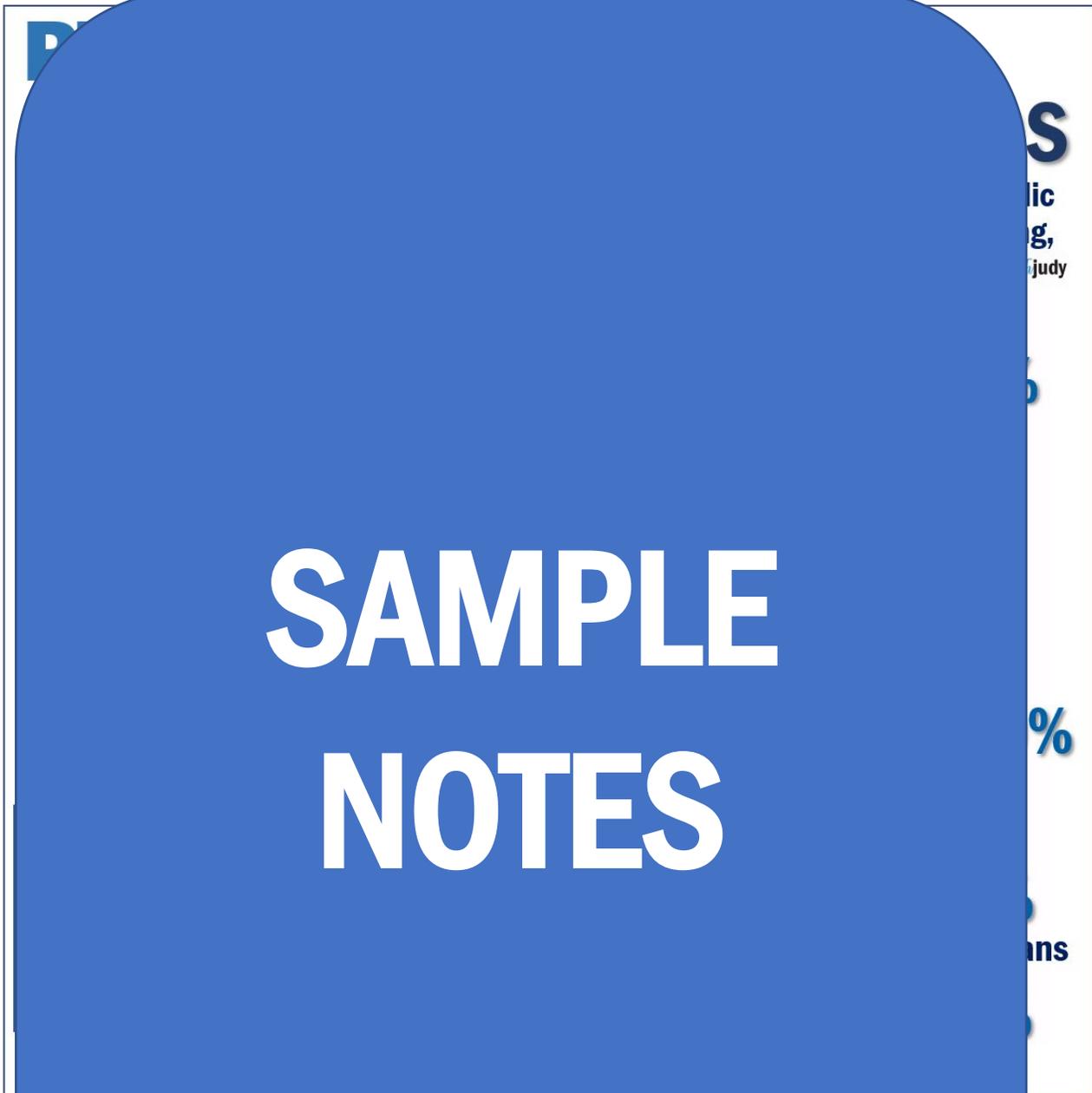


RDAs are based off the Recommended Daily Allowance. The USDA nutrient database is missing nutritional information for some nutrients. They are listed as "no info." Vitamin C was assumed as zero.

Source: USDA database

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DISCLAIMER: While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Any information provided in regards to nutritional therapy should not be considered medical advice or treatment.