

Patient Information		Specimen Information	Client Information
DOB:	AGE:	Specimen:	Client #: REQUEST A TEST - PWN HEALTH 7027 MILL RD STE 201 BRECKSVILLE, OH 44141-1852
Gender:		Requisition:	
Phone:		Lab Ref #:	
Patient ID:		Collected:	
Health ID:		Received:	
		Reported:	

Cardio IQ[®]

Test Name	Current		Risk/Reference Interval			Units	Historical Result & Risk
	Result & Risk		Optimal	Moderate	High		
	Optimal	Non-Optimal					
FATTY ACIDS							
OmegaCheck [®] Whole Blood: (EPA+DPA+DHA)		4.3	>=5.5	3.8-5.4	<=3.7	% by wt	
ARACHIDONIC ACID/EPA RATIO	31.0			3.7-40.7			
OMEGA-6/OMEGA-3 RATIO	9.8			3.7-14.4			
OMEGA-3 TOTAL		4.3				% by wt	
EPA	0.5			0.2-2.3		% by wt	
DPA	1.3			0.8-1.8		% by wt	
DHA	2.5			1.4-5.1		% by wt	
OMEGA-6 TOTAL		42.0				% by wt	
ARACHIDONIC ACID	15.5			8.6-15.6		% by wt	
LINOLEIC ACID	23.0			18.6-29.5		% by wt	

For details on reference ranges please refer to the reference range/comment section of the report.

4myheart Diet & Exercise Coaching Program: Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The 4myheart program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider, visit 4myheart.com or call 1-800-432-7889 opt 2 to learn more.

Medical Information For Healthcare Providers: If you have questions about any of the tests in our Cardio IQ offering, please call Client Services at our Quest Diagnostics-Cleveland HeartLab Cardiometabolic Center of Excellence. They can be reached at 866.358.9828, option 1 to arrange a consult with our clinical education team.

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Reference Range/Comments

Analyte Name	In Range	Out Range	Reference Range	Lab
EPA+DPA+DHA		4.3	>5.4 % by wt	Z4M
<p>Increasing blood levels of long-chain n-3 fatty acids are associated with a lower risk of sudden cardiac death (1). Based on the top (75th percentile) and bottom (25th percentile) quartiles of the CHL reference population, the following relative risk categories were established for OmegaCheck: A cut-off of $\geq 5.5\%$ by wt defines a population at optimal relative risk, 3.8-5.4% by wt defines a population at moderate relative risk, and $\leq 3.7\%$ by wt defines a population at high relative risk of sudden cardiac death. The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. (Reference: 1-Albert et al. NEJM. 2002; 346: 1113-1118). This test is performed by a Liquid Chromatography-Tandem Mass Spectrometry (LC/MS/MS) method. This test was developed and its performance characteristics determined by the Cleveland HeartLab, Inc. It has not been cleared or approved by the U.S. FDA. The Cleveland HeartLab, Inc. is regulated under Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.</p>				
ARACHIDONIC ACID	15.5		8.6-15.6 % by wt	Z4M
ARACHIDONIC ACID/EPA RATIO	31.0		3.7-40.7	Z4M
DHA	2.5		1.4-5.1 % by wt	Z4M
DPA	1.3		0.8-1.8 % by wt	Z4M
EPA	0.5		0.2-2.3 % by wt	Z4M
LINOLEIC ACID	23.0		18.6-29.5 % by wt	Z4M
OMEGA-3 TOTAL	4.3		% by wt	Z4M
OMEGA-6 TOTAL	42.0		% by wt	Z4M
Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.				
OMEGA-6/OMEGA-3 RATIO	9.8		3.7-14.4	Z4M

PERFORMING SITE:

Z4M CLEVELAND HEARTLAB INC, 6701 CARNEGIE AVENUE SUITE 500, CLEVELAND, OH 44103-4623 Laboratory Director: BILL G RICHENDOLLAR,MD, CLIA: 36D1032987