

How can you be sure your body is getting enough Omega-3's?

Our **FATTY ACID INDEX** Test

A large percentage of US adults fall below the recommendation for Omega-3

Our **Fatty Acid Index Test** allows us to measure the presence of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes and can be the first step towards important changes to diet and lifestyle.

Just a simple pin-prick is all we need!

Results Include:

- Your Current Trans-Fat Levels
- Other Healthy Fatty Acid Levels and Ratios



PUFAs (Polyunsaturated Fatty Acids) are essential fatty acids the body needs for normal healthy functioning. Since EPA and DHA are not made efficiently by the body, it is recommended that these PUFAs be consumed at higher levels in the diet.

Benefits of Knowing Your Fatty Acid Index:

Heart Health: From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.

Brain Health: Omega-3s play a role in brain health during every phase of life - from infant brain development to maintaining cognitive function as we age.

Eye Health: Omega DHA is a main component of eyes, and having higher levels of Omega-3s is related to better eye health and visual development.

Overall Health: There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

Call our **HealthQuest Radio Hotline**
800-794-1855
to schedule your appointment.

Concerned about your
“Heart Health?”

Schedule your
“Heart Healthy Scan” today

- Non-Invasive
- Measures Heart Performance in REAL Time
- Same Day Results