

## Complete Instructions



Instructions HS-Omega-3 Index®

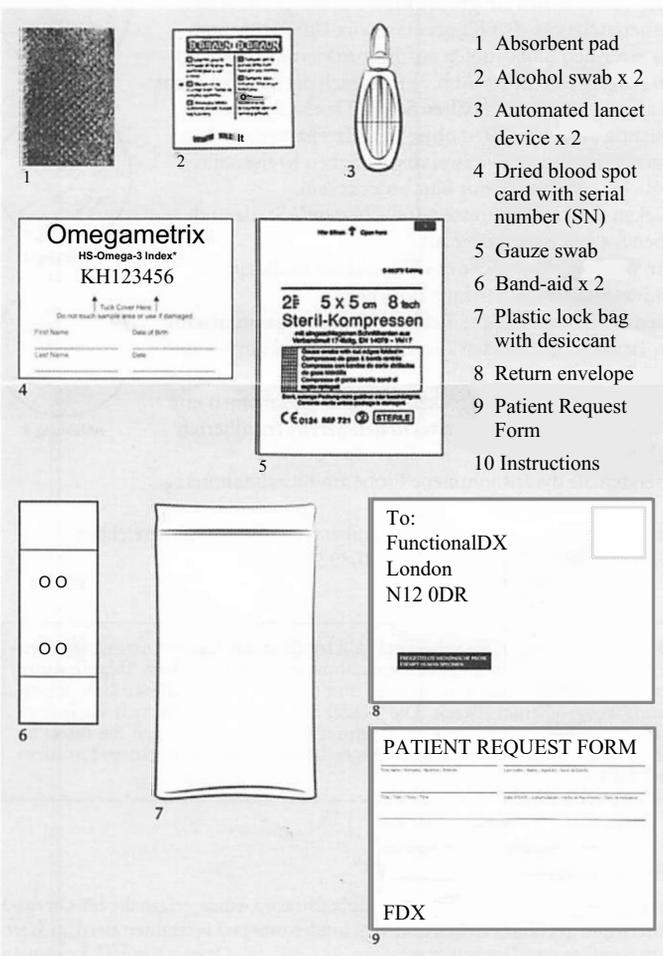
**HS-Omega-3 Index®**

**Blood Test to assess 26 fatty acids**

The HS-Omega-3 Index® determines the levels of healthy Omega-3 fatty acids in the blood. An optimal Omega-3-Index\* is important for a healthy heart.

According to current scientific research, the optimal range for the HS-Omega-3 Index\* is between 8 and 11%. For people suffering from chronic inflammatory disease, other values may apply.

Similar to blood sugar resting, determining the HS-Omega-3 Index\* requires blood from the fingertip. A drop of blood is applied to a specially prepared filter paper that is sent to Omegamatrix\* for analysis. Please read the rest instructions carefully. People with bleeding disorders or who take medications affecting blood coagulation or platelet function should consult a medical professional before using the HS-Omega-3 Index® test.



## Determination of the HS-Omega-3 Index® via finger prick

Please read these instructions carefully before you begin.

1. Fast overnight (10 hours).
2. Write the required information on the dried blood spot card (and on the patient request form using a durable pen).
3. Unfold the absorbent pad and place it on an even surface, plastic side down.
4. Place the dried blood spot card on the absorbent pad and unfold it so that the two circles on the filter paper are visible.
5. Wash hands with soap and warm water. Warming your hands makes your blood flow more easily.
6. Clean the intended finger with the alcohol swab (preferably the lateral fingertip of the middle or ring finger).  
**Important:** wait for the finger to dry completely.
7. Twist off the blue protective cover of the lancet device (figure 1).
8. Place the lancet device diagonally on the tip of your finger and press the lancet firmly against the finger until it releases (figure 2).  
**Important:** the lancet withdraws automatically and cannot be used again.
9. Allow the blood to collect on your fingertip until it is big enough to fall as a drop. You may gently massage your finger to get the drop to form.
10. Let the drop of blood fall onto the marked circles on the dried blood spot card (figure 3). If the drop doesn't fall from your finger on its own, hold the dried blood spot card carefully against the drop **without** touching the card to your finger. The blood drops should fill the two outlined circles.
11. When finished, use the gauze swab to stop the bleeding. If necessary, apply a band-aid.
12. **Very important:** let the blood dry for at least 15 minutes.
13. Put the dried blood spot card into the lock bag and seal it securely (figure 4). Do not remove the desiccant from the bag.
14. Place the packaged dried blood spot card in the pre-addressed return envelope with the completed Patient Request Form.
15. Mail out the same day as taking the blood sample.
16. Please purchase '1st Class Signed For' via Royal Mail.



figure 1



figure 2



figure 3



figure 4

FunctionalDX is available for queries, comments and complaints via email: [logistics@functionaldx.com](mailto:logistics@functionaldx.com)

**Warnings:** Keep away from children. Do not use after expiration date. Use lancet only once, and only for the purpose indicated in these instructions. The lancet automatically withdraws after use. Blood is potentially infectious. Dispose in a disposal for contaminated sharps.

### Characteristics of the HS-Omega-3 Index®

When blood is collected correctly, as described here, the HS-Omega-3 Index® assesses the blood's concentration of eicosapentaenoic acid and docosahexaenoic acid, the two marine Omega-3 fatty acids. Determining the HS-Omega-3 Index® allows inference of the Omega-3 fatty acid content of certain organs, like the heart. Thus, the HS-Omega-3 Index® reflects a person's status in Omega-3 fatty acids.

The blood sample remains stable for up to three weeks because the filter paper has been treated with a special stabilizer (there is no statistically significant change in the HS-Cmega-3 Index®). The HS-Omega-3 Index® is measured by Omegamatrix® after the extraction and transmethylation of the fatty acids using capillary gas-chromatography. Fatty acids are identified by comparison to standards and quantified planimetrically. Individual fatty acids are expressed as a percentage of all 26 fatty acids assessed. The analysis is strictly standardized and subject to quality controls like constancy checks or proficiency testing at regular intervals. Coefficients of variation are 1.4 rel. % at a mean HS-Omega-3 Index® of 8.7%, and 3.5 rel. % at a mean HS-Omega-3 Index® of 2.5%. The limit of detection for individual fatty acids is below 0.1 % of all fatty acids measured. Methodologic reasons obviate defining accuracy of the method. Diagnostic sensitivity and specificity depend on the question asked and the population investigated. In a group of 1000 Germans, who did not supplement their diet with Omega-3 fatty acids, a mean HS-Omega-3 Index® (+/- Standard deviation) of 6,14 +/- 1,83% was measured. Levels in people with cardiovascular disease are lower.

In vitro Diagnostic Device	Read instructions before use
Do not reuse	Store between 10 and 30 C
Use by: Year / Month / Day	Assembled by Omegamatrix Am Klopferspitz 19 82152 Martinsried Germany
Keep dry	Biohazard UN 3373
Do not use in case protective packaging is damaged	

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