

Laboratory Report (Omega 3 and 6 Blood Test)

CLIENT

Surname : **HABANOVA**

Forename : **VIKTORIA**

D.O.B. : **4-JUL-1984**

Sex : **F**

Observation Date : **30-APR-2025**

PID : **2021085296**

Laboratory : **Inuvi Diagnostics**

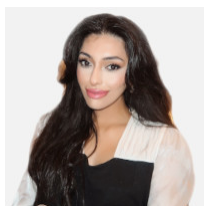
Our laboratories are regulated by the CQC and are fully UKAS accredited.

Doctor's Overview

Hi Viktoria

I understand you are taking this test today to optimise your health. It's great you are being proactive about your health.

It's excellent to see an improvement in your omega 6:omega 3 ratio - keep up the excellent work!



Dr. Asia Ahmed
MBChB MRCGP
GMC Number: 7458827

Laboratory Report (Omega 3 and 6 Blood Test)

CLIENT

Surname : **HABANOVA**Forename : **VIKTORIA**D.O.B. : **4-JUL-1984**Sex : **F**Observation Date : **30-APR-2025**PID : **2021085296**Laboratory : **Inuvi Diagnostics**

Omega fatty acids

Omega 6 : Omega 3

■ 7.20 RATIO

Reference Range: 1.1 - 69.1

Desirable Range: 2.5 - 11

(Range: 2.5 - 11)

Omega 3 Index

■ 10.57 %

Reference Range: 2.9 - 12.9%

Optimal Range: 8 - 12%

(Range: 8 - 12)

Laboratory Report (Omega 3 and 6 Blood Test)

CLIENT

Surname : **HABANOVA**

Forename : **VIKTORIA**

D.O.B. : **4-JUL-1984**

Sex : **F**

Observation Date : **30-APR-2025**

PID : **2021085296**

Laboratory : **Inuvi Diagnostics**

Supporting Information

Why are you taking this test?

Optimise diet and lifestyle

How were you hoping this test could help you?

Unanswered

What date did you take your sample?

15th Apr 2025

What time did you take your sample?

Unanswered