

IMPORTANCE OF OMEGA FATTY ACIDS FOR YOUR HEALTH

Omega-3 and omega-6 are essential fatty acids – e.g. fatty acids that our body does not make, that are vital for normal function of cell membranes. During the last decade it has been scientifically shown that long-lasting inflammations are driving forces in several chronic diseases, i.e. cardiovascular diseases, type II diabetes and obesity. Data collected over the last 150 years shows that intakes of omega-6 have increased and intakes of omega-3 have decreased in parallel with an increase in these diseases. Based upon such clinical data the concept of an "ideal" ratio of omega-6: omega-3 fatty acids was developed. An imbalance in the omega-6: omega-3 ratio, with an increase in omega-6 concomitant and a decrease in omega-3 can become a problem for your health.

The recommended omega-6: omega-3 ratio is lower than 5:1. A ratio higher than 5:1 increases the risk for the length and severity of inflammatory reactions.

A good balance between omega-6 and omega-3 could be one of the keys to improve your health and reduced chronic illnesses.

You can now get quick information about your omega-6: omega-3 ratio with this simple home blood collection device. The blood sample on the filter paper is extracted and analysed according to international standards for omega fatty acid testing by Vitas AS Laboratory in Oslo, Norway.

Content: Antiseptic wipe, 2 lancets, band-aid, blood sample collection card, prepaid envelope and sachet with drying agent.

Accuracy of the test > 90%

Storage: Store in a dark and dry place.

Contact: post@eqology.com

Important information: This is a simple home blood collection device. Handle the blood sample collection card with care; the paper should not be contaminated. Carefully follow the instructions given for blood collection and mailing of the envelope.

See **omegaratiotest.com** for more information about the test.

Do not use the test if the packaging is damaged. 

A professional laboratory - Vitas AS in Oslo, Norway – operating under strict medical regulations and quality control will analyse the blood sample and report the result according to international standards.



EQOLOGY™



OMEGA-3 TEST

INSTRUCTION MANUAL



It's in our nature

HOW TO COLLECT BLOOD SAMPLES ON THE FILTERPAPER

1. Open the test kit bag and lay out the content close to you.
Check the content and take out the blood sample collection card holder (c). Place this card holder on a clean, dry surface before pulling out the blood collection card (d). Open the pocket containing the antiseptic medical wipe (a) and band-aid (e).



- a. Antiseptic wipe
- b. Lancet (incl. one spare lancet)
- c. Card holder
- d. Blood sample collection card
- e. Band-aid
- f. Prepaid envelope
- g. Sachet with drying agent



2. Wash your hands thoroughly (1-2 minutes) with soap and warm water, dry thoroughly. Stand in an upright position and rub your hands together for 10-20 seconds to increase blood circulation. Take out the antiseptic medical wipe (a) and cleanse the tip of your ring finger with it.
3. Twist off the protective tip of the lancet (b). *Note! The trigger on the lancet works only once.*
4. Place the smaller end of the lancet against the side of the tip of your ring finger and press the lancet firmly into your finger until you hear a click. You will need to self-administer this test: use the lancet to prick your finger yourself.



5. Squeeze your finger lightly and allow a large hanging drop of blood to form.

Place the finger with the blood drop above the circle on the filter paper, and let the drop of blood (not the finger) touch the paper in the middle of one of the circles on the blood collection card (d) (see drawing).



Repeat the procedure to fill the second circle.



6. Hold the antiseptic medical wipe (a) against your finger, and then attach the band-aid (e).
7. Remove the left part of the blood sample collection card **and keep this.**

The right of the card with the blood circles should be put back into the card holder (c) before you put it in the prepaid envelope (f). Do NOT remove the small sachet of drying agent (g) from the prepaid envelope (f).

Post it immediately, at the latest on the following day.

PS! Remember to keep the left part of the card with your ID – you need this to later see your result.

8. Result: Use your ID card number (left part of the blood collection card) to search for your result on **omegaratiotest.com** in 15-20 business days.



See our manual in your language.