

Complete Instructions



Instructions HS-Omega-3 Index®

HS-Omega-3 Index® Blood Test to assess all Fatty Acids, including Omega-3's

The HS-Omega-3 Index® assesses the blood's concentration of the healthy Omega-3 Fatty Acids. An optimal HS-Omega-3 Index® is important for Heart Health.

According to current scientific evidence, an HS-Omega-3 Index® between 8 and 11 % is optimal. For persons with chronic inflammatory diseases other values may apply.

Similar to blood sugar testing, determining the HS-Omega-3 Index® requires a finger to be pricked. A blood drop is applied to a specially prepared filter paper, to be sent to Omegamatrix. Please follow instructions precisely. Persons with a bleeding disorder or on medication affecting blood coagulation or platelet function should consult their physician prior to applying the HS-Omega-3 Index®.

- 1 Absorbent pad
- 2 Alcohol swab
- 3 Automated lancet device
- 4 Filter paper
- 5 Gauze swab
- 6 Band-aid
- 7 Plastic lock bag with desiccant
- 8 Envelope to be completed with Senders address
- 9 Contact card

Please read these instructions completely before beginning.

1. Fast overnight (10 hours).
2. Write required information on the filter and on contact card using a durable pen.
3. Wash hands with soap and warm water. Warming your hands makes your blood flow easier.
4. Unfold absorbent pad (plastic below), and put on an even surface.
5. Open the alcohol pad and clean the finger you want to stick (middle or ring preferred).
6. Important: Wait for the finger to dry completely.
7. Hold the lancet device and twist off the blue protective cover (figure 1).
8. Place the lancet device firmly on the side of your clean finger, and push the entire lancet device downward into your finger until the spring of the lancet releases (figure 2). You should feel a faint sting. The lancet withdraws automatically.
9. Allow the blood to collect on your fingertip until it gets big enough to begin to fall as a drop. You may hold your arm down at your side for approximately 10 - 20 sec to facilitate blood flow. You may even need to lightly squeeze and release your finger to get the drop to form.
10. Before the drop falls naturally from your finger, lightly touch the blood drop (not your fingertip) to the centre of the filter paper (figure 3). The blood drops should fill the two **prescribed circles**.
11. When finished, put pressure on the finger tip with the gauze swab to stop bleeding. Apply band-aid, if you wish.
12. Let the blood drop dry for at least 15 minutes. **This is very important.**
13. Put the filter paper into the lock bag, and lock the bag (figure 4). There is a desiccant in the bag.
14. Put the plastic lock bag into the reply envelope.
15. Please frank sufficiently.
16. Mail out on day of blood sampling (**important!**)



figure 1



figure 2



figure 3



figure 4

Omegamatrix is available for queries, comments and complaints:
e-mail: info@omegamatrix.eu
Fax +49 89 5506 3008, Fon +49 89 5506 3007

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®

If blood is taken as just described, the HS-Omega-3 Index® assesses the blood's concentration of Eicosapentaenoic Acid and Docosahexaenoic Acid, the two healthy Omega-3 Fatty Acids from the Sea. A determination of 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.

While in the mail (up to 6 days), the blood sample is stable, because the filter paper has been pre-treated with a special stabiliser (no statistically significant change in the HS-Omega-3 Index®). The HS-Omega-3 Index® is measured by Omegamatrix after extraction and transmethylation of 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 1000 German persons, 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 persons with cardiac disease are lower.

IVD In vitro Diagnostic Device

Read instructions before use

do not reuse

Use by, Year / Month / Day

keep dry

do not use in case protective packaging is damaged

Store between 10 and 30 C

Method of Sterilization: Irradiation

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Biohazard UN 3373