



# HS-Omega-3 Index®

Reduce Your Risk of Sudden Cardiac Death by 90%

The American Heart Association reports that coronary heart disease (CHD) is the number one killer of American men and women accounting for more than one of every five deaths in the United States. Of the 425,000 deaths from CHD in 2006, most were sudden death caused by cardiac arrest. Unfortunately, over half of the people who die suddenly of CHD had no previous symptoms.

Researchers have now discovered that one of the best risk indicators for sudden cardiac death is the level of omega-3 fatty acids (EPA and DHA) found in red blood cell membranes<sup>1</sup>. Now, there is a reliable and affordable blood test that lets you evaluate omega-3 levels, the HS-Omega-3 Index®.

## WHAT IS THE HS-OMEGA-3 INDEX®?

This test measures the amount of two very important omega-3 fatty acids called EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in a person's red blood cells, which reflects long-term intake of EPA and DHA. The higher the content of these fatty acids, the lower the risk of a fatal heart attack and dozens of other conditions.

## HOW EXACTLY DO THEY PREVENT HEART ATTACKS?

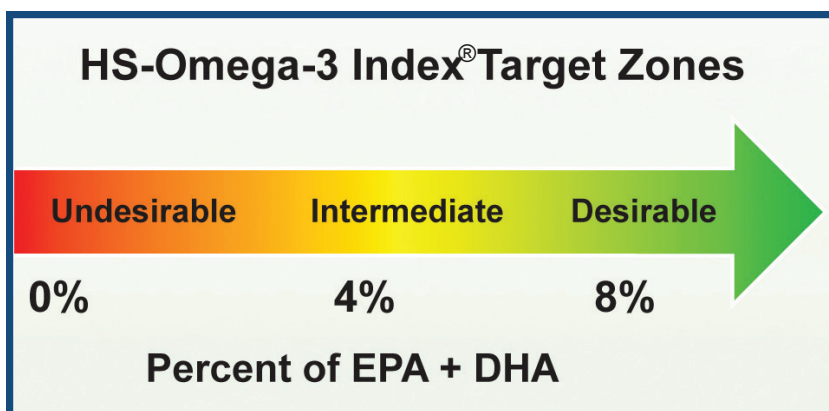
Although omega-3 fatty acids benefit the heart in several ways, they are most famous for actually preventing sudden death if a heart attack does occur. Since the first symptom of heart disease is often a fatal heart attack, the HS-Omega-3 Index® has profound implications. Sudden death is caused by the inability of the heart to regain its beat after an attack. Omega-3 fatty acids prevent these heart irregularities called arrhythmias, thus enabling the heart to start beating again, even after a heart attack.

## HOW DO I KNOW IF I HAVE ENOUGH OMEGA-3s?

The best way to know is to know your HS-Omega-3 Index®: higher is better. When the HS-Omega-3-Index® is above 8%, there is an astounding 90% reduction in risk of sudden death, whereas an index less than 4% has the most risk.

## WHAT ELSE DOES THE HS-OMEGA-3 INDEX® MEASURE?

The HS-Omega-3 Index® will also tell a person the ratio of omega-6 to omega-3 fatty acids in their body. Omega-6 fatty acids contribute to inflammation while omega-3 fatty acids reduce whole body inflammation.

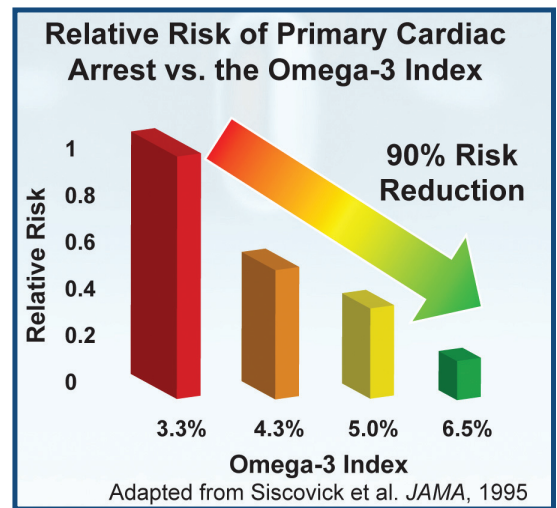


<sup>1</sup>Albert et al. N Engl J Med 2002; 346:1113-8

## DISEASE STATES AFFECTED BY OMEGA-3 FATTY ACIDS:

ADHD	Diabetes
Alzheimer's	Erectile Dysfunction
Arrhythmia	Eye Health
Arthritis	Fertility
Asthma	Gum Disease
Autoimmune Disease	Heart Failure
Autism	Hypertension
Sports Medicine	Immunity
Brain Injury & Concussion	Inflammation
Cancer (breast, colon, etc)	Insulin Resistance
Cardiovascular Disease	Kidney Disease
Cholesterol Levels	Liver Disease
Chronic Fatigue Syndrome	Macular Degeneration
Cognitive Function	Maternal & Infant Health
Depression	Metabolic Syndrome

Neurology  
Oxidative Stress  
Pain  
Peripheral  
Vascular Disease  
Psychiatry  
Triglycerides  
Telomere Length



## HOW CAN OMEGA-3 FATTY ACIDS AFFECT SO MANY FUNCTIONS IN OUR BODY?

The answer is simple: cell membrane flexibility. Every cell has a cell membrane. When this cell membrane is rigid, it does not work well. When it is flexible, the chemicals that run our bodies – hormones, proteins, enzymes, vitamins, minerals, fats, etc – can move in and out of cells efficiently as needed, thus making the cells healthier, since the materials they need to function well are available. When the cells work well, the tissues that are made of cells work well. When tissues work well, the whole system works well and ultimately leads to overall improved health of the entire person.

## What are OMEGA-3 FATTY ACIDS?

Omega-3 fatty acids are a specific type of healthy fat that are absolutely necessary for human health. Since our bodies cannot synthesize omega-3 fatty acids, it is essential that we obtain them from our diets, hence they are commonly called essential fatty acids. They are named Omega -3 because of specific chemical properties, but the important thing to know is that we ALL need them.

### Health Benefits of Omega-3



Ask your doctor or learn more at  
[www.SpectraCell.com](http://www.SpectraCell.com). Start your  
journey to optimal health today!

