DEEPCARE

AT-HOME KIT

Omega-3 + Vitamin D

A finger-prick blood sample for your fatty-acid profile and vitamin D. Collect a dried bloodspot at home and send it to the laboratory in the supplied return packaging. Your written Health Map is included.

PRICE	TURNAROUND	SAMPLE
CHF 149	21 ±5 days	Dried bloodspot

WHAT THIS MEASURES

A fatty-acid profile with vitamin D.

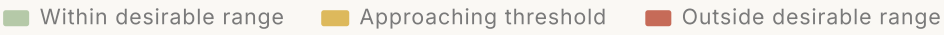
A finger-prick blood sample for your fatty-acid profile and vitamin D. Collect a dried bloodspot at home and send it to the laboratory in the supplied return packaging. Your written Health Map is included.

Omega-3 fatty acids	Omega-3 Index (RBC) · Alpha-Linolenic (ALA, 18:3n3) · Eicosapentaenoic (EPA, 20:5n3) · Docosapentaenoic (DPA n-3, 22:5n3) · Docosahexaenoic (DHA, 22:6n3)
Omega-6 fatty acids	Linoleic (LA, 18:2n6) · Gamma-Linolenic (GLA, 18:3n6) · Eicosadienoic (20:2n6) · Dihomo-γ-linolenic (DGLA, 20:3n6) · Arachidonic (AA, 20:4n6)
Monounsaturated fatty acids	Palmitoleic (16:1n7) · Oleic (18:1n9) · Eicosenoic (20:1n9) · Nervonic (24:1n9)
Saturated fatty acids	Myristic (14:0) · Palmitic (16:0) · Stearic (18:0) · Arachidic (20:0) · Behenic (22:0)
Trans fatty acids	Trans Palmitoleic (16:1n7t) · Trans Oleic (18:1t) · Trans Linoleic (18:2n6t)
Vitamin D	25-hydroxyvitamin D (D2 + D3)

WHAT THE REPORT LOOKS LIKE

The sample laboratory measurements.

Synthetic example values, with no real patient data. Each row shows a measurement and the laboratory comparison interval.



Headline indices

Omega-3 Index (O3I)	5.8%	8 – 12 %	
AA : EPA ratio (AA:EPA)	9.1:1	2.5 – 11 : 1	
Omega-6 : Omega-3 (6:3)	5.8:1	3 – 5 : 1	
Trans Fat Index (TFI)	0.42%	< 1.0 %	

Vitamin D

25-hydroxyvitamin D (D2 + D3) (25-OH-D)	28 ng/mL	30 – 50 ng/mL	

Omega-3 fatty acids (% of total)

Alpha-Linolenic (ALA)	0.42	0.10 – 1.90	
Eicosapentaenoic (EPA)	1.20	0.14 – 6.92	
Docosapentaenoic n-3 (DPA)	1.85	0.53 – 2.81	
Docosahexaenoic (DHA)	4.60	1.00 – 6.50	

Within desirable range · Approaching threshold · Outside desirable range

Omega-6 fatty acids (% of total)

Linoleic (LA)	21.4	14.0 – 31.3	
Gamma-Linolenic (GLA)	0.18	0.05 – 0.72	
Eicosadienoic (20:2n6)	0.22	0.10 – 0.43	
Dihomo-γ-linolenic (DGLA)	1.40	0.50 – 2.50	
Arachidonic (AA)	10.92	5.0 – 14.8	
Docosatetraenoic (22:4n6)	1.20	0.30 – 2.50	
Docosapentaenoic n-6 (DPA n6)	0.32	0.08 – 0.83	

Within desirable range · Approaching threshold · Outside desirable range

Monounsaturated fatty acids (% of total)

Palmitoleic (16:1n7)	0.55	0.13 – 2.90
Oleic (18:1n9)	18.2	14.2 – 29.5
Eicosenoic (20:1n9)	0.32	0.10 – 0.77
Nervonic (24:1n9)	0.95	0.13 – 1.96

Saturated fatty acids (% of total)

Myristic (14:0)	0.62	0.10 – 2.45
Palmitic (16:0)	22.4	17.5 – 27.1
Stearic (18:0)	12.8	8.40 – 15.0
Arachidic (20:0)	0.28	0.10 – 0.53
Behenic (22:0)	0.95	0.20 – 1.59
Lignoceric (24:0)	1.10	0.20 – 1.92

Trans fatty acids (% of total)

Trans Palmitoleic (16:1n7t)	0.12	< 0.50
Trans Oleic (18:1t)	0.18	< 0.40
Trans Linoleic (18:2n6t)	0.14	< 0.60

HOW TO READ THE CHART

Reading the measurements.

Read each result with its unit and reference interval.

1. **The name.** Each row identifies the element, organism, hormone or compound measured.
2. **The unit.** The unit states how the laboratory expresses the measurement.
3. **The result.** This column gives the measurement for the submitted sample.
4. **The comparison interval.** The laboratory interval appears beside the result.
5. **Your written report.** Your questionnaire answers and email exchanges provide the information used for your personalised Health Map report.

YOUR INCLUDED HEALTH MAP

A personalised written report.

Every Deepcare kit includes a written Health Map report. It is prepared from personalised questionnaires, your results and email exchanges.

- After payment, the first personalised questionnaire arrives by email.
- Follow-up questions come by email or a further questionnaire when needed.
- The final report is written in your language: English, French or German.
- You receive it within 3 working days of your answers to the last questionnaire.

> *A written explanation you can keep and share with your GP.*

COLLECTION AT HOME

Collecting your bloodspot.

Use the materials and collection schedule supplied with your kit. Follow the laboratory instructions for drying or storage and return shipping.

STEP 01

Record the sample details

Complete the laboratory form and label each sample with the requested details.

STEP 02

Collect the bloodspot

Use the supplied finger-prick materials and bloodspot card as instructed.

STEP 03

Prepare the samples for return

Follow the laboratory instructions for drying, storage and packing. Use the supplied return materials.

STEP 04

Return to the laboratory

Send the samples with the included return label and keep the shipment reference.

ABOUT THE METHOD

GC-FID at OmegaQuant.

OmegaQuant via Nordic Laboratories.

The named compounds are measured in the submitted sample. Results are shown with the laboratory units and comparison intervals.

See the kit page on deepcare.ch for the full marker list and scientific references.

WHAT HAPPENS NEXT

How ordering works

TODAY

Order on deepcare.ch

Pay by card or TWINT. Your first personalised questionnaire arrives by email.

2 TO 3 WORKING DAYS

Kit ships

A small envelope arrives with the bloodspot card, lancet, alcohol wipe, desiccant pouch, instructions, and the prepaid DHL return label.

ONE MORNING

Collect and ship

Warm, prick, spot, dry, post. About five minutes plus three hours of passive drying.

AFTER THE FINAL QUESTIONNAIRE ANSWERS

Your written Health Map

You receive it within 3 working days of your answers to the last questionnaire.

Order this kit

deepcare.ch/kits/omega-3-vitamin-d