

Ordering Testing Kits from OmegaQuant

Healthcare providers may contact OmegaQuant Analytics to offer testing in their practices. Individuals may order tests directly from omegaquant.com/shop as outlined below:

1. ORDER TEST: Visit omegaquant.com/shop to order at-home test kit.



2. REGISTER KIT: Visit omegaquant.com/start to register your kit using the unique bar code on the sample collection card.



3. COLLECT SAMPLE: Follow simple instructions to collect a blood sample.



4. MAIL SAMPLE: Mail the sample back to one of our labs with the pre-paid envelope.



5. GET RESULTS: Within 2 weeks, results will be sent electronically and can also be accessed through our web portal.



References

- ¹ Bilke D et al, Chem Biol, 2014
- ² Bischoff-Ferrari H et al, AJCN, 2006
- ³ Bischoff-Ferrari H et al, Arch Int Med, 2009
- ⁴ Gallagher J, Ann Intern Med, 2012
- ⁵ Garland C et al, AJPH, 2014
- ⁶ Ginde A et al, Arch Int Med, 2009
- ⁷ Holick M et al, Rev Endocrin Metab Disord, 2017
- ⁸ Michaelsson K et al, AJCN, 2010
- ⁹ Miliku K et al, AJCN, 2016
- ¹⁰ Taylor C et al, J Acad Nutr Dietetics, 2018
- ¹¹ van Groningen L et al, Euro J Endocrin, 2010

Why OmegaQuant?

OmegaQuant is a CLIA-certified laboratory offering variety of nutritional status tests to consumers, healthcare providers and industry. OmegaQuant was founded in 2009 by Dr. Bill Harris, the co-inventor of the Omega-3 Index, which has been substantiated by more than 200 clinical studies. Dr. Harris is an internationally recognized expert in omega-3 research, has nearly 400 scientific papers in the field, and has been the recipient of the five NIH grants for studies on the effects of omega-3 fatty acids and health. Beyond omega-3s, OmegaQuant also offers other nutritional status tests, including vitamin D. OmegaQuant also has partner laboratories in Australia and the United Kingdom.

Our goal at OmegaQuant is to offer the highest quality nutritional testing services to researchers and to provide simple tests of nutritional status to healthcare providers and patients, with the ultimate purpose of advancing the science and use of key nutrients to improve health.

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Are your patients getting enough?



Vitamin D

Are Your Patients Getting Enough?



As with all nutrients, our bodies need vitamin D from the environment (through food or sunlight in this case) to function properly. Vitamin D has a particularly important role in bone health by helping with calcium absorption. This is a very clear relationship as its classic deficiency symptoms are diseases of “soft bones” - rickets in children and osteoporosis and fractures in adults.¹

However, with the discovery of vitamin D receptors in virtually every type of cell in the body², we have found that vitamin D affects many other parts of the body, like the immune system³ and the cardiovascular system⁴. This combination of health benefits may be why several studies have found that those with higher vitamin D blood levels live better for longer⁵. So, we need vitamin D to build and keep our bones strong, but also to help the rest of our body function properly.

Unfortunately, research has consistently shown that most people don't get enough of this important nutrient for a variety of reasons — where they live, what they eat, genetics, lifestyle factors, and more. This is why healthcare providers have been encouraging increasing Vitamin D intake alongside testing blood levels to make sure diets are delivering enough and that intake recommendations are being followed.

What is the Optimal Vitamin D Range?

There is not yet a universally agreed upon “optimal” Vitamin D range. At OmegaQuant, we recommend aiming for a level of at least 30-50 ng/mL. We think of this as the “goldilocks range” where most of the health benefits from having a healthy Vitamin D level have been achieved. The evidence for the 30 ng/mL cut off is demonstrated by:

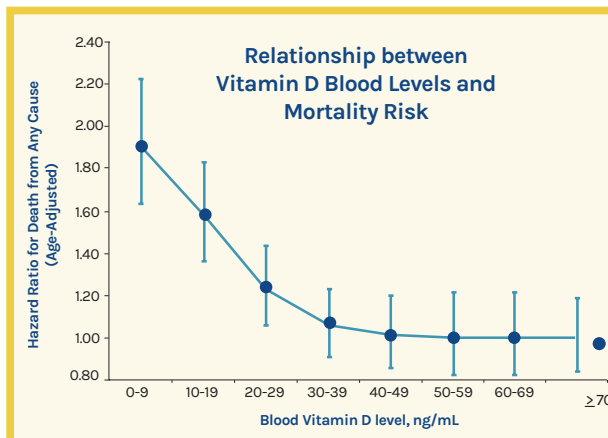
Lower risk of overall mortality: People with a blood level of 30 ng/mL and above had a lower risk of mortality.⁷

Lower risk of cardiovascular disease (CVD) and cancer mortality: Lowest risk for death from all-causes, cancer and CVD in individuals with a vitamin D blood level of at least 30 ng/mL.⁸

Lower risk for respiratory tract infections: Those with vitamin D blood levels at or above 30 ng/mL had the lowest risk of upper respiratory tract infections.⁹

Lower risk of hip fractures and falls: Older individuals who achieved a vitamin D blood level of at least 30 ng/mL had a reduced risk of hip fractures.¹⁰

Lower risk of preterm birth: Pregnant women with levels of at least 30 ng/mL were at the lowest risk of preterm birth, as well as babies born with low birth weight and small for gestational age.¹¹



This graph shows the overall hazard ratio for mortality or risk of dying as a function of serum 25-hydroxyvitamin D (equivalent to total blood Vitamin D measured at OmegaQuant) compiled from 32 studies spanning from 1966-2013. This means that people with a Vitamin D blood level of <10 ng/mL would have almost twice the risk of death as compared to people with a blood level >30 ng/mL, all else being equal. In other words, if Patient A has a risk of death of 2/1,000 at a blood level of <10 ng/mL, it would be ~1/1,000 at a blood level of >30 ng/mL.

Vitamin D Testing - Easy as 1-2-3

Typical vitamin D testing requires a blood draw, which is sent to a lab for analysis. However, new advances in technology have paved the way for a simpler approach. Now, healthcare providers and patients can access an easy-to-use dried blood spot test that requires a quick finger stick and a few drops of blood. From those drops of blood, analysis of one's vitamin D blood level can be easily, safely, and accurately measured. The OmegaQuant Vitamin D blood level is equivalent to a plasma or serum total 25-hydroxyvitamin D level (both D2 and D3).

Following 3 simple steps can help healthcare providers and their patients achieve optimal levels of vitamin D:

- 1 Measure** - Exposure to sunlight, eating vitamin D-rich foods and taking supplements does not guarantee that one's blood level will be in the desirable range — it must be measured.
- 2 Modify** - Vitamin D test results will give individuals and their healthcare providers the right information to personalize intake.
- 3 Monitor** - Confirm that one's vitamin D level has improved with dietary and lifestyle changes by re-testing every 6 months.

Vitamin D Sources

Vitamin D3 is the type that is produced when the body is exposed to sunlight. It can also be found in:



Supplemental vitamin D comes in two forms: D2 (vegan) or D3 (animal-based). They both come in doses up to 5,000 IU per capsule. Pharmaceutical vitamin D is in the D2 form and comes in a 50,000 IU dose to be taken once per week under doctor supervision.