

HS-Omega-3 Index

The HS-Omega-3 Index Test Determines Your Risk for Sudden Cardiac (heart) Death (SCD).

Half of all fatal heart attacks are due to SCD which is defined as death within one hour of the event. Most sudden cardiac deaths are due to cardiac arrhythmia (irregular heartbeats). An adequate level of the omega-3's EPA and especially DHA can reduce cardiac arrhythmia risk by 90%.

The HS-Omega-3 Index® measures the percentage of EPA and DHA levels in red blood cell membranes (RBC's) which are highly correlated to myocardial (heart muscle) membrane omega-3 levels. Most Americans have a 4% RBC omega-3 fatty acid percentage which represents normal risk; however **an 8% RBC omega-3 fatty acid level may reduce the risk of SCD by 90%.**

Learn more about the HS-Omega-3 Index test at <http://www.flourishrx.com/resources>.

How to do the HS-Omega-3 Index Test:

1. Purchase your HS-Omega-3 Index test kit from our pharmacy. Cost is \$150.
2. Call Personal Health Partners, formerly Vascular Disease Laboratory, and schedule your blood draw. Their phone number is 405-330-5755 as well as on the blood draw requisition. Advise the lab you need a blood draw for a kit purchased from Flourish Pharmacy. You can do your blood draw Monday through Friday prior to 1:30 p.m. Cost of the blood draw is \$12.
3. You must fast for 9-12 hours before your blood draw. Drinking water is ok.
4. Take your HS-Omega-3 Index test kit and blood draw requisition to Personal Health Partners. They will prepare your blood sample and ship the test kit to SpectraCell Laboratory for you.
5. Flourish Pharmacy will receive your results in 10-14 days.
6. Once we receive the HS-Omega-3 Index test results and your completed Client Information Sheet the Clinical Nutritionist will provide an Omega-3 dosage recommendation. We will then mail or email your test results and omega-3 product recommendation.

What You Need Today to Get Started:

- Client Information Sheet
 - Include brand, strength and dosage of current Omega-3 product, if any.
- HS-Omega-3 Test Kit
- Personal Health Partners HS-Omega-3 Index blood draw requisition.

Please Let Others Know About Our Natural Customized Care



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