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SpectraCell Laboratories Now Offers HS-Omega-3 Index®

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Houston, TX- March 31, 2010. Beginning in March, SpectraCell Laboratories will add the HS-Omega-3 Index® test to its test menu. This test measures the amount of two very important fatty acids called EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in a person's red blood cells. Red blood cell fatty acid composition reflects long-term intake of EPA and DHA, and are also highly correlated with the amount of fatty acids found in heart tissue. The higher the content of the fatty acids, EPA and DHA, the lower the risk of a fatal heart attack.

Research shows that the Omega 3 Index is highly predictive of cardiovascular disease, and especially predictive of sudden death caused by a heart attack. Omega 3 fatty acids can prevent heart irregularities called arrhythmias, which is the culprit behind sudden cardiac death. Since the first symptom of heart disease is often a fatal heart attack, the Omega 3 Index has profound implications. When the Omega 3 Index is high (above 8%), there is an astounding 90% reduction in risk of sudden death, whereas an index less than 4% has highest level of risk.

“So many people are taking fish oils or omega-3 fatty acid supplements nowadays. People want to know if these supplements are being absorbed and utilized by their body efficiently, or if they are taking the correct dosage,” comments Dr. Fred Crawford, Vice President of Operations and Laboratory Director for SpectraCell. “This test finally allows a person to monitor their omega 3 status.”

The 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. Our Paleolithic ancestors, who were completely free of degenerative diseases like heart disease, arthritis and dementia, maintained an omega 6 to omega 3 ratio around 2:1. The modern Western industrialized diet has dramatically changed that ratio to closer to 15:1 or even higher for the average American. This shift in fatty acids throughout our body contributes to several disease states including depression, Alzheimers, asthma, chronic fatigue, cancers, even gum disease.

About SpectraCell Laboratories – SpectraCell is a CLIA accredited laboratory that services healthcare providers nationwide by providing advanced clinical testing with micronutrient testing and the Lipoprotein Particle Profile™ (LPP™).

SpectraCell's micronutrient testing is an innovative assessment of a patient's nutritional status. Unlike traditional serum, hair and urine tests, SpectraCell's micronutrient testing measures how an individual's white blood cells function in specific nutritional environments. Over 32 vitamins, minerals, amino acids and antioxidants are evaluated. As a result, individual differences in metabolism, age, genetics, health, prescription drug usage, absorption rate and other factors are taken into consideration.

SpectraCell's Lipoprotein Particle Profile™ is the most advanced lipoprotein test available. Unlike traditional cholesterol tests, SpectraCell's LPP™ directly measures both the size (density) and number of several classes of lipoprotein particles providing an accurate assessment of cardiovascular risk.
