

# The Omega-3 Index

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## Background:

- The omega-3 index (O3I) is EPA+DHA expressed as a weight % of total fatty acids (FAs) in cell membranes of red blood cells.
- It was first proposed in 2004, as a potential risk factor for coronary heart disease (CHD) death.
- Several cross-sectional and prospective studies have supported its clinical utility.
- The O3I is also inversely correlated with major depressive disorders and inflammatory biomarkers.
- Results from studies show that an O3I of 8% or more is protective against fatal CHD.

