Omega-3 Index by Omega-6 to Omega-3 Ratio (N=1882) 18 16 14 **Omega-6 to Omega-3 Ratio** 12

Chart Date 9/16/19 © 2019 GrassrootsHealth

10

8

6

4

2

0

0%

Preliminary data, not yet published

2%

4%

6%

8%

10%

Omega-3 Index

12%

14%

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18%

20%

16%