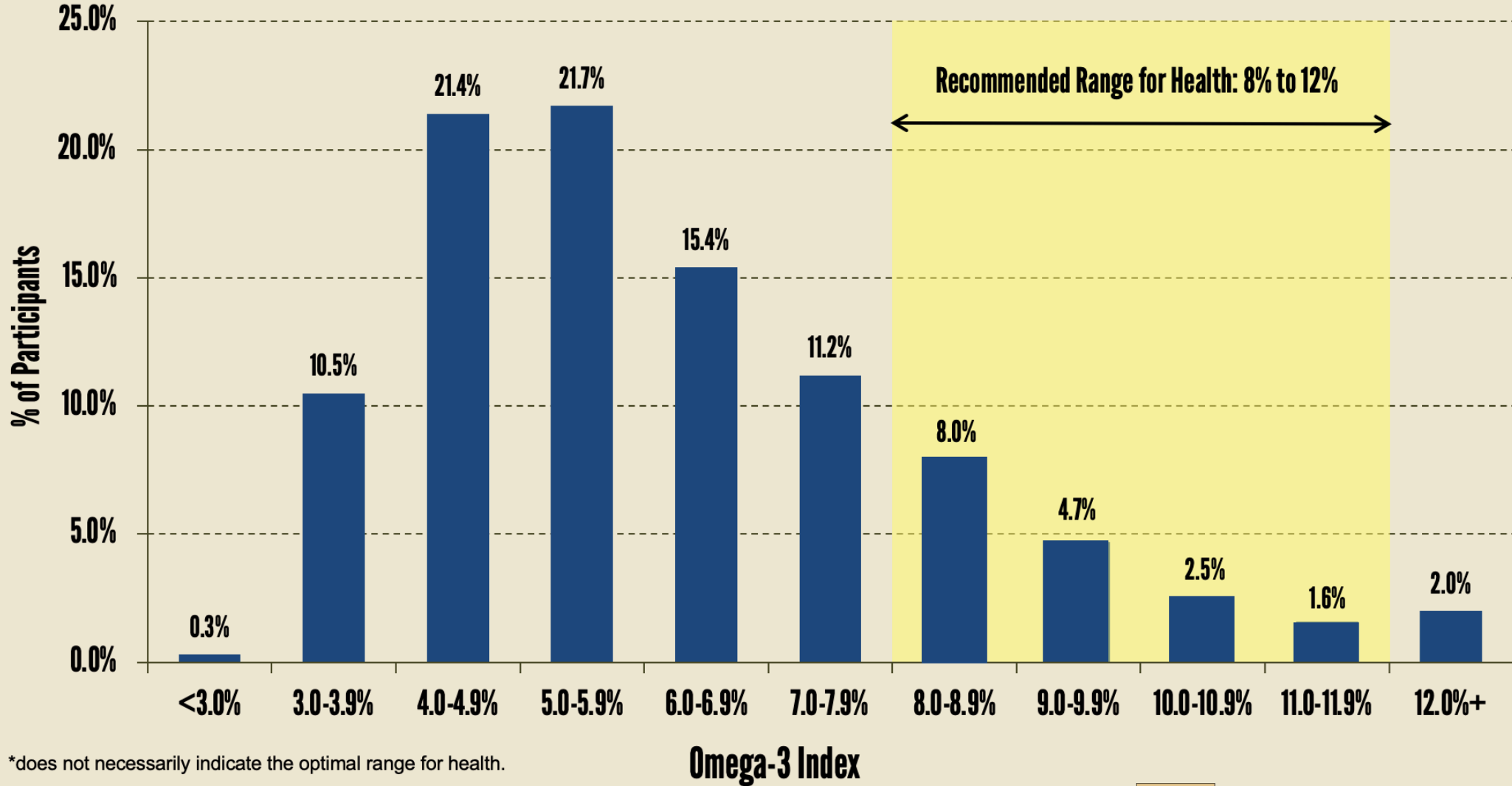


Omega-3 Index Levels Among GrassrootsHealth Participants (N=4,972)



*does not necessarily indicate the optimal range for health.

Chart Date 12/19/2023

©2023 GrassrootsHealth

Preliminary data, not yet published



GrassrootsHealth

Moving Research into Practice

www.grassrootshealth.net