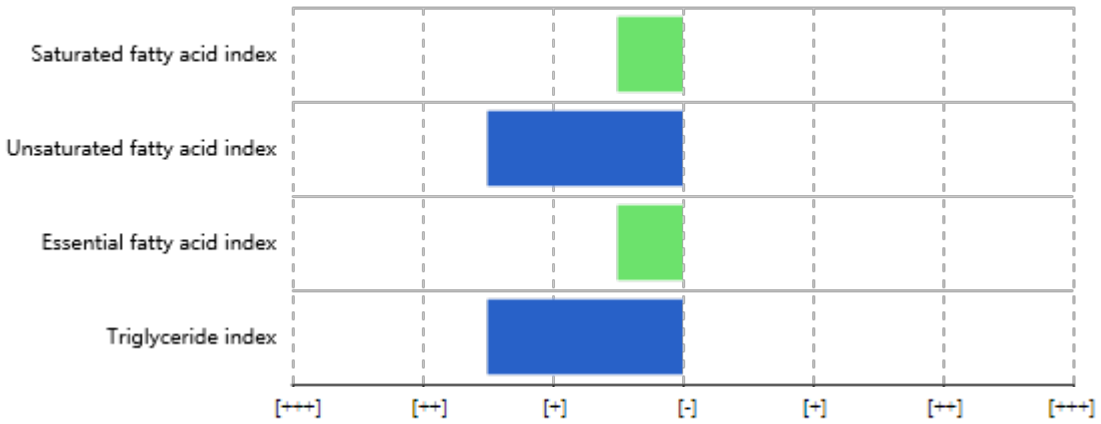
(Fatty acid) Analysis Report Card

Name: Leif Rehnvall | Sex: Male | Age: 81

Figure: 168cm, 54kg | Testing Time: 2026-07-07 19:03



Actual Testing Results

Testing Item	Normal Range	Actual Measurement Value	Testing Result
Saturated fatty acid index	1.334 - 2.407	2,178	
Unsaturated fatty acid index	2.224 - 3.153	2,086	
Essential fatty acid index	2.144 - 3.238	2,427	
Triglyceride index	3.361 - 4.644	2,442	

Reference Standard:	Normal(-) / Moderately Abnormal (++)	Mildly Abnormal(+) / Severely Abnormal (+++)
Saturated fatty acid index:	1.334-2.407(-) 0.792-1.047(++)	1.047-1.334(+) <0.792(+++)
Unsaturated fatty acid index:	2.224-3.153(-) 1.071-1.597(++)	1.597-2.224(+) <1.071(+++)
Essential fatty acid index:	2.144-3.238(-) 1.054-1.889(++)	1.889-2.144(+) <1.054(+++)
Triglyceride index:	3.361-4.644(-) 1.347-2.101(++)	2.101-3.361(+) <1.347(+++)

Parameter Description

Saturated fatty acid index: Saturated fatty acids are fatty acids containing saturated bonds. Dietary saturated fatty acids are mostly found in animal fats and milk fats. High intake of saturated fatty acids is the main cause of elevated blood cholesterol, triglyceride, and low-density lipoprotein cholesterol. It causes secondary arterial stenosis and formation of arteries. Atherosclerosis increases the risk of coronary heart disease.
Unsaturated fatty acid index: Unsaturated fatty acids are fatty acids that make up body fat and are indispensable fatty acids in the human body. Unsaturated fatty acids play a significant role in the metabolism of blood lipids, in promoting brain function, in maintaining and improving vision.
Essential fatty acid index: Essential fatty acids are essential for life activities of the body, but the body itself cannot synthesize polyunsaturated fatty acids that must be supplied by food. Essential fatty acids not only attract moisture to moisturize skin cells, but also prevent water loss.
Triglyceride index: Triglycerides are fat molecules formed by long-chain fatty acids and glycerol, and are the most abundant lipids in the human body. Triglycerides are an independent risk factor for coronary heart disease. High levels of triglycerides also include high blood pressure, gallstones, pancreatitis, senile dementia, male sexual dysfunction, and increased hepatitis.

The test results for reference only and not as a diagnostic conclusion.