

iFATS™

Inflammatory Fatty Acid Target Score

Toxic levels of inflammation has been identified as one of the leading causes of pets developing clinical signs associated with multiple diseases, including arthritis, dermatitis, some heart diseases, kidney disease and much more. This high level of inflammation may occur, in some dogs and cats, partly due to an imbalance in your pet's diet.

The best way to know if your pet has an imbalanced diet and potential inflammation is with the iFATS test!

What is the iFATS test?

The iFATS test lets you and your veterinarian know the level of your pet's potential inflammation. It is a measure of the relationship between the pro-inflammatory omega-6 fatty acids and the anti-inflammatory omega-3 fatty acids in your pet's body. The test reports back if your pet falls into the Undesirable, Intermediate, or Desired range for potential inflammation.

If your pet falls outside the Desired range, ask your veterinarian for the best way to address the issue.

How does it work?

Your veterinarian will collect 1-2 drops of blood from your pet. This blood sample will be sent to a third-party, independent laboratory for testing. In 7-10 days, the test results will be sent to your veterinarian who will then contact you to discuss the results.

Why is it important?

Studies have shown that dogs and cats with lower iFATS results experience improved joint health and skin health, and have an overall better quality of life. Balancing your pet's intake of fatty acids is one of the most important things you can do for their overall health.

On the back, please find a sample test result for a patient in the intermediate range for the iFATS test.

iFATS™ REPORT

Name: Person A Person
DOB: 05.05.85
ID: Person

Collection Date: 1.1.15
Results Date: 1.3.15
Provider: Provider Example
Account: VRN

Inflammatory Fatty Acid Target Score (iFATS)



* 71% of patients with an iFATS of <5.2 have an n-6:n-3 ratio <5:1 and 81% of patients with an iFATS of <5.2 have an AA:EPA ratio <8:1.

For Veterinarian Professional Use Only

Your patient's iFATS™ index is between 5.2 and 26.9 and is in the intermediate range.

You are advised to increase your patient's daily intake of omega-3 fatty acids in the form of EPA and DHA, either by supplementation and/or by changing to a diet with proper levels of EPA and DHA.

Studies have shown that dogs and cats with lower iFATS are at decreased risk for developing the clinical signs associated with a variety of diseases. These include but are not limited to osteoarthritis, atopic dermatitis, some heart diseases, kidney disease, and ophthalmologic conditions. Healthy levels of EPA and DHA have also been shown to maintain the well-being and health of the oral cavity, skin, fur, joints, and immune system.

Omega-3 fatty acids are found primarily in fish, especially "oily" fish such as anchovies, sardines and mackerel. The two most important and effective omega-3 fatty acids in dogs and cats are EPA and DHA. The amount of EPA and DHA your patient would need to take in order to lower the iFATS into the target range (<5.2) cannot be predicted with certainty. Many factors – age, sex, weight, breed, dietary and genetic factors all can influence your patient's response to daily supplementation of EPA and DHA.

We would recommend that you increase your patient's current EPA and DHA intake by supplementing with the recommended dose of a triglyceride form of EPA and DHA.

It should be noted that omega-3 fatty acids from flaxseed oil (alpha-linolenic acid, or ALA) will have little to no effect on your patient's iFATS. Dogs and especially cats are unable to convert ALA to EPA and DHA in sufficient amounts to restore their omega-3 deficiency. Therefore, ALA is not an effective substitute for EPA and DHA.

The only way to know how your patient will respond to an increased intake of EPA and DHA is to remeasure their iFATS. You should wait for 3-4 months before re-testing in order to give their system time to adjust to the increased intake of EPA and DHA. Once your patient has achieved the desirable iFATS, it is advised to re-check their values every six to 12 months.