

FATTY LIVER INDEX (FLI) WORKSHEET

NAFLD Patient Assessment Tool

NAFLD Risk Level

Low Moderate High

BMI – general adiposity metric, patients are often considered at-risk for NAFLD at obesity/ BMI of 30 or more.

<25 >30

Waist Circumference - this simple metric is an effective indicator for patients at-risk for NAFLD. (cm)

<30” 31”-39” >40”

Triglyceride Level – patients with NAFLD usually are less efficient at synthesizing triglycerides. (mg/dL)

<150 150-199 >200

GGT Level – patients with elevated liver enzyme levels are considered at-risk for NAFLD. (iu/L)

<45 46-99 >100

WWW.HEPAXA-USA.COM/FLI

FLI Score – A Fatty Liver Index Score is a validated algorithm which can be used to assess the steatosis status of a NAFLD patient.¹

0-30
No NAFLD
Expected

31-59
at risk
for NAFLD

60-99
NAFLD
confirmed

BASELINE

PATIENT INFORMATION	TIMELINE	FLI SCORE	DATE
Name:	Baseline		
ID#:	6 months		
Note:	12 months		

Hepaxa™ has been shown to effectively reduce steatosis in early-stage NAFLD patients with six months of daily supplementation.

Therapeutic threshold is 2.5 grams of EPA/DHA daily. This equates to (4) Hepaxa™ capsules/day.

Hepaxa™ was studied in NAFLD patients taking 4 capsules/daily for six months. This intervention produced the following changes:

BMI

(no change)

**Waist
CIRCUMFERENCE**

(no change)

GGT

Hepaxa™ normalized GGT for most patients

TG

Hepaxa™ normalized TG for most patients

Source: 2018 Condin Trial. Data on file, BASF AS.

Sources: 1 Bedogni G, Bellentani S, et al. (2006) The Fatty Liver Index: A simple and accurate predictor of hepatic steatosis in the general population.

Notes _____

FLI worksheet sponsored by: **Hepaxa™**
Turning NAFLD around.



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Hepaxa™ is a medical food product effective in dietary management of steatosis in patients with non-alcoholic fatty liver disease (NAFLD).