

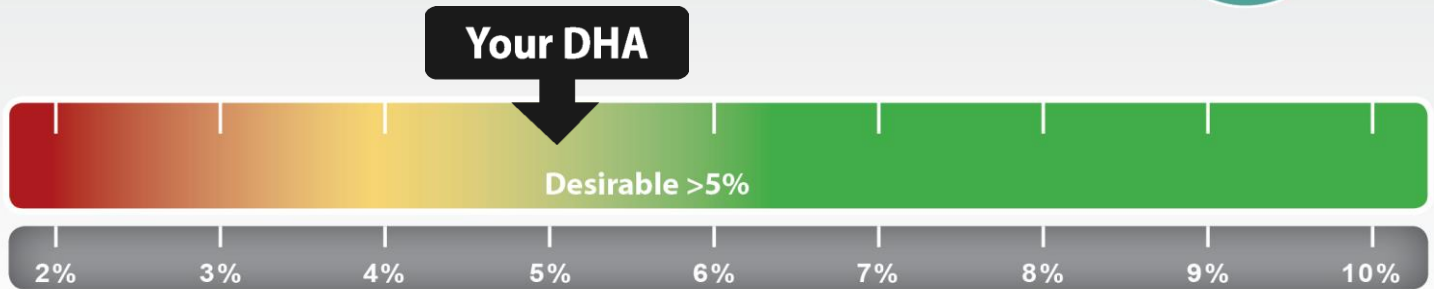
PRENATAL DHA TEST REPORT

NAME: Doe, Jane
DOB: 11/11/1974
ID: JDoe

COLLECTION DATE: 11/28/12
RESULT DATE: 12/3/12
ACCOUNT: Complimentary

Your DHA
Reference Range: 2.2% - 8.7%*

5.0%



*Reference Ranges encompass about 99% of values from . Visit our FAQ section for more info.

First, congratulations on your pregnancy! Ensuring that both you and your baby are well-nourished during pregnancy is important.

There are several important nutrients which your body needs especially during pregnancy, such as folic acid, choline and DHA. DHA is an omega-3 fatty acid that is found in seafood and omega-3 supplements and is often included in prenatal supplements. Levels of DHA in your blood are affected by both nature and what you eat. For you, DHA is important because women with higher DHA blood levels are less likely to have early preterm birth. For your baby, DHA is important for brain, eye and immune system development.

There are very simple dietary changes you can make to increase your Prenatal DHA levels. First, you can (and should) eat two servings of low-mercury, high-DHA fish per week (see attached list). Most species of fish are safe and beneficial for you and your baby. Choosing the right fish to eat doesn't have to be difficult, and there are many [resources](#) available to help guide you. You may choose to take a DHA or omega-3 supplement as well. You do not need to worry about mercury or other environmental contaminants in supplements, but you should check the DHA content on the label. A variety of health organizations recommend that pregnant women take prenatal or omega-3 supplements providing at least 200 mg of DHA per day, and doses up to 1000 mg of DHA per day have been shown to be safe during pregnancy in research studies. Taking flaxseed oil supplements that are rich in the plant omega-3 fatty acid, alpha-linolenic acid, will not affect your Prenatal DHA level. If you are a vegan, vegetarian or allergic to or prefer not to eat fish and shellfish, algal DHA supplements are a great option.

Eating more fish rich in DHA or taking DHA supplements raises blood DHA levels. Still, exactly how your Prenatal DHA level will respond to changing your diet or starting supplementation is unique for each woman and hard to predict. If you increase your DHA intake, we recommend waiting 2-3 months before retesting (if possible). If you plan on breastfeeding, increasing the amount of DHA in your diet during pregnancy will increase breastmilk DHA levels for a short time after birth. Continuing to eat fish or take a DHA supplement after birth is needed to keep breastmilk DHA levels higher and provides essential nutrition for your child's developing brain and eyes. You can test your breastmilk DHA level with the [Mother's Milk DHA Test](#) as early as 1 month after birth.

For more information about how to safely increase your Prenatal DHA level, resources for choosing fish during pregnancy, about how to pick a DHA-rich supplement and more, please visit prenataldhatest.com.

You should consult your healthcare provider before making any changes to your diet and supplementation regimen.

Amount of DHA (in mg per 3oz serving) in Commonly Consumed Seafood Grouped by Mercury Content and in Omega-3 Supplements

Fish and Seafood	DHA (mg/svg)
<i>Low Mercury – Eat 2-3 servings per week</i>	
Atlantic Salmon (farmed)	1238
Kippered Herring	1003
Coho/Silver Salmon (farmed)	740
Mackerel (canned)	677
Chum Salmon (canned)	597
Pink Salmon (canned)	579
Coho Salmon (wild)	559
Rainbow trout (farmed)	524
Sockeye Salmon (wild)	476
Sardines (canned)	433
Atlantic Pollock	383
Skipjack Tuna	201
Light Chunk Tuna (canned)	190
Oysters (eastern, raw)	173
Perch	158
Cod	131
Clams (moist heat)	124
Tilapia	111
King Crab (moist heat)	100
Dungeness Crab	96
Scallops	88
Catfish (farmed)	59
Shrimp (moist heat)	13
<i>Moderate Mercury - Eat up to 1 serving per week</i>	
Albacore (white) Tuna (canned)	535
Chilean Sea Bass	473
Halibut	132
Mahi-Mahi (Dolphin Fish)	96
Yellowfin (Ahi) Tuna	89
<i>Excess Mercury - Avoid</i>	
Swordfish	656
Tile fish (Gulf of Mexico)	623
Shark (raw)	448
Bigeye (Ahi) Tuna	375
King Mackerel	193
Orange Roughy	21
<i>Supplements – Take at least 200 mg DHA per day</i>	
Standard Drug Store Fish Oil Capsules	120
Vegan DHA Capsules	100-350
Fish Oil Concentrates (many varieties)	100-500
Cod Liver Oil (teaspoon)	500