5 REASONS EVERY PREGNANT WOMAN NEEDS TO KNOW HER DHA LEVEL

1. **42%**
   Early preterm birth happens before 34 weeks gestation. DHA can reduce the risk of early preterm birth by 42%.

2. **$50K**
   In the US, an uncomplicated birth costs $4300, while a premature birth costs on average $50K more.

3. **10x**
   Research shows that women who have low blood DHA levels are at 10-fold increased risk of early preterm birth.

4. **>5%**
   A recent scientific paper showed that pregnant women should strive for a DHA level of 5% or above to reduce their preterm birth risk.

5. **~60 mg**
   The recommended amount of DHA for pregnant women and nursing moms is 300 mg daily from diet and supplements, but most only get ~60 mg from their diet and less than 1 in 10 report taking a supplement.

**MEASURE** Eating fish or taking supplements does not guarantee your Prenatal DHA level will be in the desirable range - it must be measured.

**MODIFY** With your Prenatal DHA Test results, you will have the right information to personalize your DHA intake.

**MONITOR** Track how your dietary changes affect your Prenatal DHA level by re-testing after two to three months.


www.PrenatalDHATest.com