

# 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.

SOURCES: Middleton, P.; Gomersall, J.C.; Gould, J.F.; Shepherd, E.; Olsen, S.E.; Makrides, M. Omega-3 fatty acid addition during pregnancy (review). Cochrane Database Syst. Rev. 2018; Carlson, S.E.; Colombo, J.; Gajewski, B.J.; Gustafson, K.M.; Mundy, D.; Yeast, J.; Georgieff, M.K.; Markley, L.A.; Kerling, E.H.; Shaddy, D.J. DHA supplementation and pregnancy outcomes. Am. J. Clin. Nutr. 2013, 97, 808–815.; Jackson, K.H.; Harris, W.S. A Prenatal DHA Test to Help Identify Women at Increased Risk for Early Preterm Birth: A Proposal. Nutrients 2018, 10(12), 1933.



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