

## Prenatal DHA Test Report

### Your P-DHA

Reference Range\*: 2.2% - 8.7%

2.0%

NAME: Jane Doe  
DOB: 12/11/1986  
ID: JDoe

COLLECTION DATE: 03/15/2018  
RESULT DATE: 03/17/2018  
ACCOUNT: Consumer

YOUR LEVEL

Desirable Range: >5%

1 2 3 4 5 6 7 8 9 10

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

First, congratulations on becoming pregnant! There are incredible changes your body is undergoing to grow a new human. There are several important nutrients that your body needs especially during pregnancy, such as folic acid, choline and DHA. DHA, or docosahexaenoic acid, 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 pregnant women with higher DHA blood levels are less likely to have early preterm birth compared to women with low levels. For your baby, DHA is important for brain, eye and immune system development.

The Prenatal DHA (P-DHA) level is the percent of DHA of all fatty acids in your red blood cell membranes. It reflects the omega-3 status of your body over the last few months, similar to how hemoglobin A1C reflects long-term glucose blood levels. As a part of an overall healthy lifestyle, a P-DHA of >5% helps provide your baby with a good amount of these important fats while helping to preserve your own DHA levels, as well as increasing the likelihood that your pregnancy goes to term.

To achieve and maintain a desirable P-DHA level, we first recommend eating foods rich in DHA, which include fish like salmon and sardines and fortified foods like omega-3 milk and eggs. Eating a variety of fish, with a focus on high-DHA and low-mercury options (see attached list), at least twice per week during and after pregnancy is beneficial for mom and baby. Omega-3 dietary supplements, like fish oils, are an excellent DHA source. We recommend supplements with both the marine-derived omega-3s, DHA and EPA (eicosapentaenoic acid), but taking a supplement with at least 200 mg of DHA in a serving is the primary goal. You do not need to worry about mercury or other environmental contaminants in supplements.

The other main dietary omega-3 fatty acid, alpha-linolenic acid (ALA), is found in walnuts, flax or chia seeds. ALA can be converted to DHA in the body, but this happens at a very low rate in most people. An increase in ALA intake will have little to no effect on your P-DHA level. There are vegan algal oil options that are a good source of DHA for those who prefer plant-based omega-3s.

The amount of DHA needed to raise your P-DHA level into the desirable range is different for everybody. Many factors – age, sex, weight, diet, genetics, parity – can all influence the body's response to DHA. Still, we can provide an estimate, based on our own research, of how much DHA you may need to raise your level to the desirable range given your current P-DHA level. Visit the P-DHA Calculator on [OmegaQuant.com](http://OmegaQuant.com) for your personalized DHA recommendation.

*Please consult with your healthcare provider before making any dietary changes.* If you increase your intake of DHA, your P-DHA will begin to slowly go up within a few days but will continue to change for several months. We recommend that you re-measure your

Omega-3 Index every 2-3 months while pregnant and adjust your DHA or omega-3 intake accordingly. Answers to commonly asked questions about your results can be found in the [FAQ](#) section on our website.



## Amount of DHA in Seafood and Supplements by Mercury Content

Fish and Seafood (3 oz, 85 g, 1 serving)	DHA (mg per serving)
<b>Low Mercury – Eat 2-3 servings per week</b>	
Kippered Herring	1003
Atlantic Salmon (farmed)*	680 - 1238
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	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
<b>Moderate Mercury - Eat up to 1 serving per week</b>	
Albacore (white) Tuna (canned)	535
Chilean Sea Bass	473
Halibut	132
Mahi-Mahi (Dolphin Fish)	96
Yellowfin (Ahi) Tuna	89
<b>Excess Mercury - Avoid</b>	
Swordfish	656
Tile fish (Gulf of Mexico) 623	623
Shark (raw)	448
Bigeye (Ahi) Tuna	375
King Mackerel	193
<b>Supplements – Take at least 200 mg DHA per day</b>	
Standard Drug Store Fish Oil	120
Vegan DHA Capsules	100-350
Fish Oil Concentrates (many varieties)	100-500
Cod Liver Oil (teaspoon)	500
Standard Drug Store Fish Oil Capsules	120

Sources: Mercury groupings based on Food and Drug Administration and Environmental Protection Agency 2017 guidance on eating fish for pregnant women and parents found here: <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm>; accessed on December 13, 2018. DHA content based on

USDA Nutrient Data Lab values found here: <http://ndb.nal.usda.gov/ndb/search/list>; accessed on December 13, 2018. Values are for 3 oz (85 g) servings and cooked with dry heat unless otherwise noted.

\*Farmed Salmon can have a range of EPA and DHA based on the fish feed. Sprague M, et al. Scientific Reports, 2016; 6:21892.