

Ordering Testing Kits from OmegaQuant

Healthcare providers may contact OmegaQuant to offer testing in their practices. Individuals may order tests directly from omegaquant.com/shop as outlined below:

1. ORDER TEST: Visit omegaquant.com/shop to order an at-home test kit.



2. REGISTER KIT: Visit omegaquant.com/start to register the kit using the unique bar code on the sample collection card.



3. COLLECT SAMPLE: Follow simple instructions to collect milk.



4. MAIL SAMPLE: Mail the sample back to one of our labs with the pre-paid envelope.



5. GET RESULTS: Within 2 weeks, results will be sent electronically and can also be accessed through our web portal.



Why OmegaQuant?

OmegaQuant is a CLIA-certified laboratory offering variety of nutritional status tests to individuals, healthcare providers and industry. OmegaQuant was founded in 2009 by Dr. Bill Harris, the co-inventor of the Omega-3 Index, which has been substantiated by more than 200 clinical studies. Dr. Harris is an internationally recognized expert in omega-3 research, has nearly 400 scientific papers in the field, and has been the recipient of five NIH grants for studies on the effects of omega-3 fatty acids and health. Beyond omega-3s, OmegaQuant also offers other nutritional status tests, including vitamin D. OmegaQuant also has partner laboratories in Australia and the United Kingdom.

Our goal at OmegaQuant is to offer the highest quality nutritional testing services to researchers and to provide simple tests of nutritional status to healthcare providers and patients, with the ultimate purpose of advancing the science and use of key nutrients to improve health.

US Laboratory and Headquarters

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References

¹ Jackson KH and Harris WS, 2016, Current Opinion.

² Brenna JT, et al. 2007, AJCN.

³ Jensen CL, et al. 2005, AJCN.



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What is the Mother's Milk DHA Test?



The first 1000 days of a baby's life is a critical window of time to influence their growth and development. A cornerstone nutrient during this period is DHA, or docosahexaenoic acid, an omega-3 fatty acid found in fish, fish oil, and prenatal supplements. DHA has been associated with several important health benefits for both mom and baby.

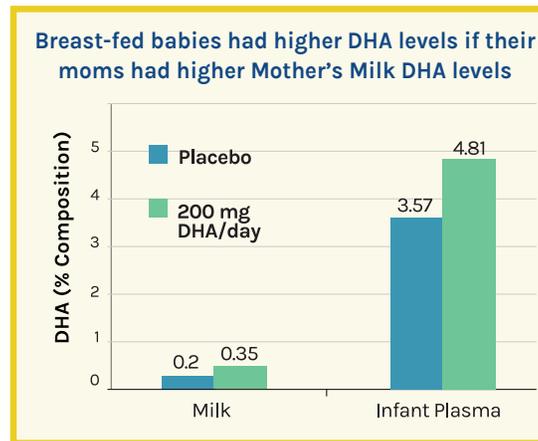
The Mother's Milk DHA Test measures the amount of omega-3 DHA in breast milk¹. Studies show that higher levels of DHA in breast milk are easily absorbed by babies and raise their DHA levels. We recommend aiming for a Mother's Milk DHA level of at least 0.32%² throughout lactation to meet the needs of baby's growth and development and to maintain mom's DHA stores.

DHA levels in breast milk go up and down mainly based on how much mom eats, but how much the baby takes in can affect levels, too. As baby grows, mom's needs for DHA may grow as well. The amount of dietary DHA needed to have a desirable Mother's Milk DHA level may differ if you are exclusively breastfeeding or if baby is 3 months versus 12 months old. Repeat testing helps mom determine how much is needed for her and her baby.



Why Your Patients Should Take a Mother's Milk DHA Test

Optimal amounts of omega-3 DHA provide benefits to baby from infancy through childhood. In addition, higher breastmilk DHA levels mean that mom has sufficient DHA for her health and recovery during the postpartum period. Breastfeeding mothers who supplemented with DHA had higher Mother's Milk DHA and baby had higher levels of DHA as well.³ DHA is involved in many parts of proper development for baby, from brain and eyes to overall growth.



When and How Often Should You Measure DHA Levels in Breast Milk?

4 Weeks after Giving Birth

DHA levels change naturally in breast milk, especially in the first few days after delivery (called "colostrum") to the later stages ("mature milk"). It is ideal to measure the proportion of DHA in mature milk.

First Feeding Session of the Day

As all new mothers know, the term "day" should be used loosely. Aim to collect a sample during the "first" feeding of the day, before eating breakfast or taking a supplement. The same timing goes for pumped milk.

Anytime during the Feed

Because we are measuring a percent of fat instead of a total amount of fat, the Mother's Milk DHA level is not affected by the changes in fat content between the watery fore milk or the creamy hind milk.

Mother's Milk DHA Testing is as Easy as 1-2-3

Healthcare providers and patients can access an easy-to-use dried milk spot test that requires a drop of breast milk. From that drop of milk, analysis of a woman's omega-3 DHA level can be easily, safely, and accurately measured.

We recommend testing at least 4 weeks after birth so mature milk can be tested. Mother's Milk DHA can be retested in as little as 2 weeks as DHA is incorporated into milk faster than red blood cells.

If Mother's Milk DHA levels are in the desirable range in the first testing, then continue with the current diet and supplementation plan. If it is low, use the Mother's Milk DHA Calculator on omegaquant.com for a DHA dose recommendation or encourage high DHA, low mercury fish intake. Retesting every 3-6 months throughout lactation once levels are optimal may be necessary as the baby's DHA needs grow and mom's DHA stores may become depleted.

Following 3 simple steps can help healthcare providers and their patients achieve optimal levels of DHA:

- 1 Measure** You won't know if your Mother's Milk DHA is desirable just because you eat fish or take supplements - it must be measured.
- 2 Modify** Once you know your Mother's Milk DHA level, it can be improved with simple dietary changes.
- 3 Monitor** Test your Mother's Milk DHA level 2-4 weeks after a diet change to ensure you are getting enough DHA.

Omega-3 DHA Sources

Raising your DHA level can be achieved by taking a supplement and eating foods rich in omega-3s such as salmon, fresh tuna, herring and other types of fish. However, this won't necessarily guarantee that Mother's Milk DHA levels reach or stay in the desirable range.



Testing and retesting after 2-4 weeks on a supplement is the best way to ensure your patients are being consistent with their DHA intake and have a supplement that works for them. After a desirable level is achieved, testing every 3-6 months can help ensure the DHA supply in breastmilk stays high.