

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 blood.



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



5. GET RESULTS: Within 2-4 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

OmegaQuant
5009 W. 12th Street, Suite 8
Sioux Falls, SD 57106
Phone: 1-605-271-6917
Toll-free: 1-800-949-0632

UK Laboratory

Nutrition Analytical Service
University of Stirling
Stirling FK9 4LA
Scotland, UK

Australia Laboratory

Gate 13
Kintore Avenue
Adelaide 5000
South Australia, AUS

References

- ¹ Jackson KH and Harris WS. 2018, Nutrients
- ² Olsen SF, et al. 2018, EBioMedicine
- ³ Carlson SE, et al. 2021, EBioMedicine (Lancet)
- ⁴ Braarud HC, et al. 2018, Nutrients
- ⁵ Bisgaard H, et al. 2016, New England Journal of Medicine
- ⁶ Markus M W et al. 2013, PlosOne



Email: info@omegaquant.com
Website: www.omegaquant.com

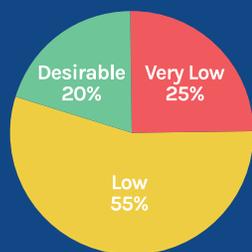
What is the Prenatal DHA Test?



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 Prenatal DHA Test is blood test for pregnant women or women trying to conceive that measures the amount of omega-3 DHA in the red blood cell membrane¹. For mom, knowing her Prenatal DHA level is important because it represents DHA status in the body. When mom has enough DHA in her body, it supports a healthy, full-term pregnancy. Higher levels of DHA in mom's red blood cells means more DHA is consistently available to baby.

We recommend testing when a woman decides to try to become pregnant, around the end of her first trimester, at the beginning of her third trimester, and/or about a month after birth (in case this, using our Mother's Milk DHA Test). We recommend a Prenatal DHA level of at least 5% to reap the protective health effects for both mom and baby. Unfortunately, most women of childbearing age have low Prenatal DHA levels. (See figure below.)¹



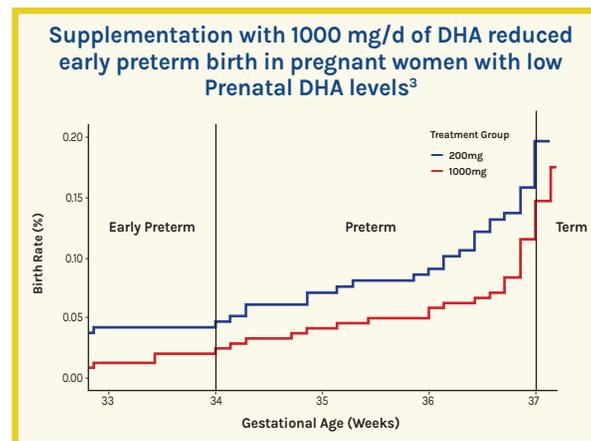
80% of US Women of Childbearing Age Have Low Prenatal DHA Levels¹

Prenatal DHA Levels	
<3%	Very Low
3-5%	Low
>5%	Desirable

Why Your Patients Should Take a Prenatal DHA Test

Having a higher omega-3 DHA level during pregnancy provides benefits to baby and mom. Below are some of the health outcomes that have been recently studied:

- **Reduced chance of having early preterm birth compared to women with lower levels.** Pregnant women with DHA levels < 3% were 2x more likely to have early preterm birth compared to women with higher DHA levels (> 4%).²
- **Supplementation with high-dose DHA in women with low Prenatal DHA levels reduced rates of early preterm birth.** In a 2021 study, women taking 1000 (vs 200) mg/d of DHA for the second half of pregnancy had lower rates of early preterm birth, particularly if they started the study with lower Prenatal DHA levels (<4.8%, see figure below.)³



- **Helps ensure an adequate DHA supply for a growing brain.** Babies from moms who had higher DHA levels during pregnancy had better cognitive outcomes at 5 years.⁴
- **Aids in developing strong, healthy lungs.** Kids whose moms took DHA during pregnancy had lower rates of asthma at 3 years old compared to those who did not. This effect was strongest in moms with DHA levels less than 4.5% before starting supplementation.⁵
- **Provides additional nutritional support for women's mental health in the postpartum period.** Women with DHA levels >5% during pregnancy had lower postpartum depression scores.⁶

Prenatal DHA Testing is as Easy as 1-2-3

Typical omega-3 testing requires a blood draw, which is sent to a lab for analysis. However, new advances in technology have paved the way for a simpler approach. Now, healthcare providers and patients can access an easy-to-use dried blood spot test that requires a quick finger stick and one drop of blood.

From that drop of blood, analysis of a woman's Prenatal DHA level can be easily, safely, and accurately measured. Once a woman's status has been established, tailoring a nutrition and/or supplement plan to raise or maintain her level can be initiated.

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

- 1 Measure** Eating fish or taking supplements does not guarantee a woman's Prenatal DHA level will be in the desirable range - it must be measured.
- 2 Modify** With the Prenatal DHA Test results, individuals and their healthcare providers will have the right information to personalize DHA intake.¹
- 3 Monitor** Confirm Prenatal DHA level has improved with dietary changes by re-testing after 2-3 months.

Omega-3 DHA Sources

Raising the Prenatal DHA level above 5% 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 guarantee the Prenatal DHA level will be in the desirable range. The only way to make sure your patients are getting enough DHA is to test their omega-3 blood status with the Prenatal DHA test.



fish



fortified milk



eggs from chickens fed EPA and DHA



supplements

Testing and retesting after 3 months on a supplement is the best way to ensure your patients are using the best supplement for them.