

DHA TESTING

Maternal and Infant Health



THE IMPORTANCE OF TESTING

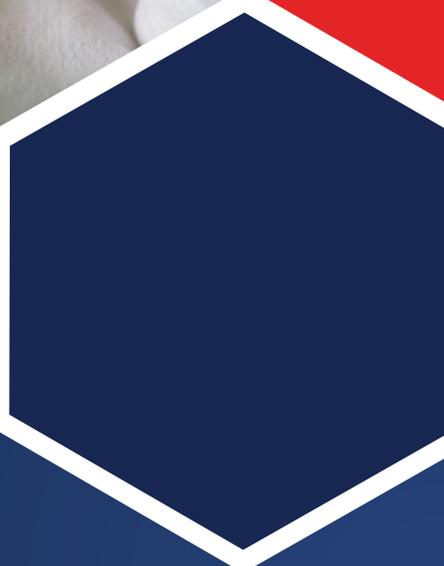
During pregnancy, DHA is transferred from mother to fetus. Studies have shown that by increasing maternal DHA Omega-3 intakes through diet and supplementation the concentration of DHA in the unborn infant increases, supporting healthy brain, eye and immune system development and potentially reducing the likelihood of early preterm birth. (Preterm birth defined as delivery before 37 weeks of gestation.)

During infancy, DHA is derived from breast milk as an essential nutrient found in high concentrations in the brain and retina (eye) where it supports optimal cognitive and visual functioning, respectively, along with other health benefits for the infant.

Published population studies have shown that higher levels of DHA omega-3 in breast milk have been associated with better performance in neurobehavioral functioning and visual acuity amongst infants.^{1,2}

1) Jorgensen et al., J. Pediatric. Gastro. and Nutr., 32: 293-296 (2001)

2) Hart et al., J. Pediatric . Psych., 31: 221-226 (2006)



SCREENING

OmegaScore® personalized omega-3 testing, which involves a specialized paper strip technology, was developed by Lipid Analytical Laboratories (LAL) in Guelph, ON, Canada and can be ordered through CanAlt Health Laboratories.

Samples are mailed in for laboratory analysis for a fully personalized fatty acid profile of breast milk, including the long-chain omega-3 fatty acid known as DHA (docosahexaenoic acid).

RESULTS YOU CAN UNDERSTAND

The OmegaScore® Breast Milk report is not intended as a medical report or medical advice from Lipid Analytical Laboratory, LLC. It is solely a measurement and calculation of various fatty acids based on the samples provided. "Risk Levels" are intended as reference of measurement compared to recent academic research studies.

Results will show patient numbers compared to averages and optimal levels, allowing for the correction of any deficiencies through diet and/or supplementation.

Re-testing thereafter (normally 3-4 weeks later) can be done to confirm that the recommended levels have been reached.

Please consult a licensed health professional regarding your results or for advice on any dietary changes and/or supplementation that may be required.



HOW TO TAKE A SAMPLE

A sample collection kit includes the OmegaScore® paper strip, full instructions, any required ancillary items and a return envelope.

Breast Milk: A few drops of expressed milk is deposited on the test strip.

Blood (Maternal Prenatal): A few drops of blood is required and is easily obtained from a painless prick on the finger or thumb using the lancet provided in the collection kit.

Blood and/or breast milk samples may alternatively be provided via appropriate medical receptacles.



ABOUT US

Canadian Alternative Health Laboratories is a Canadian owned company dedicated to providing trace mineral and toxic metal screening and support services to professional health practitioners. Committed to the philosophies of Natural Medicine and to the advancement of human health, CanAlt understands the needs of our partners in health care. CanAlt's integrated approach to patient diagnosis and assessment is easy and affordable.

WHY WORK WITH US?

We are licensed as a Medical Laboratory by the Ontario Ministry of Health and operating as an ISO 15189 Plus™ accredited medical laboratory.



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