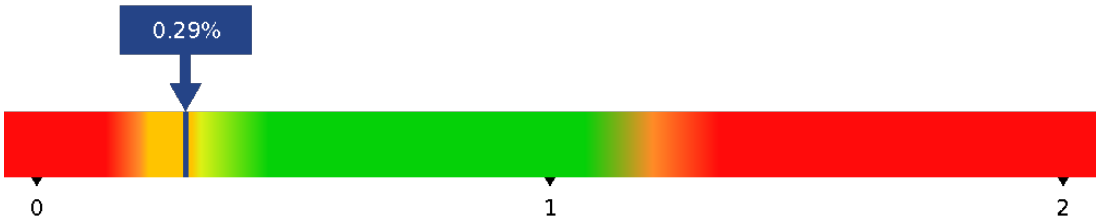
Mother's Milk DHA Report

fattyacidlabs

Name: Fatty Acid
DOB: 2000-01-01
Account: Customer

Sample ID: TEST0050
Result date: 2024-10-01

UK | Europe | Australia
info@fattyacidlabs.com
results.fattyacidlabs.com



Reference range: 0.2 - 1.2 %, Desirable range: >0.32 %; Reference range is representative of a normal patient population.

Congratulations on continuing to breastfeed your baby! Breastfeeding offers numerous benefits for both you and your baby, encompassing physical and emotional advantages. Your breast milk contains many essential nutrients tailored to your baby's needs, though some, like DHA (docosahexaenoic acid), can be influenced by your diet. DHA, an omega-3 fatty acid found in fish, is crucial for your baby's brain, eye, and immune system development, and may also support your postpartum mental health.

The MM-DHA test measures the percentage of DHA among all fatty acids in your breast milk, providing insight into your omega-3 status over recent months. An MM-DHA level above 0.32% helps ensure your baby receives adequate DHA, promoting their development and preserving your own DHA levels. In addition to DHA, arachidonic acid (AA) is another important fatty acid for your baby’s growth. Unlike DHA, AA levels in breast milk are more influenced by natural factors rather than diet. Your current Mother’s Milk-AA level is 0.5%, which is within the reference range of 0.2% to 1.0%.

To achieve and maintain a desirable MM-DHA level, focus on consuming DHA-rich foods such as fatty fish like salmon and sardines, and fortified foods like omega-3 milk and eggs. Eating a variety of fish, particularly those high in DHA and low in mercury, at least twice a week is beneficial. Omega-3 supplements, especially those providing at least 200 mg of DHA per serving, are also a good option. You don’t need to worry about mercury or other contaminants in these supplements.

For those who prefer plant-based sources, vegan algal oil offers a good alternative for obtaining DHA. While alpha-linolenic acid (ALA) found in walnuts, flax, and chia seeds can be converted to DHA in the body, this conversion is typically inefficient, making ALA less effective for raising your MM-DHA levels.

Your current MM-DHA level is 0.29 %, which is below the optimal range. To improve your MM-DHA level to 0.32% or higher, consider increasing your DHA intake by an additional 56 mg per day. This recommendation is based on our research and is intended as a guide.

If you increase your DHA intake, expect gradual improvements in your MM-DHA levels over several weeks. We recommend rechecking your levels every 2-3 weeks while breastfeeding and adjusting your DHA intake as needed. Once your desired MM-DHA level is achieved, consider retesting every 6 months.

Consult with your healthcare provider before making any changes to your diet or supplement routine.