



**Omega-3 DHA Testing with Smart Cells**

**Has your milk got  
everything your  
baby needs?**

**Test your milk for Omega-3 and DHA**



# Has your milk got everything

# Test your milk for

## The MyMilk Test – how do you measure up?

Breast milk is the best food for your baby to improve brain development and general health. Having made the decision to give your baby the best start you can, it is important to make sure your breast milk contains the correct balance of essential nutrients. The Omega-3 content of your milk is influenced by your own diet and supplement intake. A study in Denmark showed the DHA (a type of Omega-3 important for brain development in babies) content of breast milk varied by a factor of 10 depending on dietary intake <sup>(1)</sup>.



### Smart Mums – Bright Babies!

Omega-3 fats have been shown to be essential to proper development of the brain and nervous system. Researchers from New York University looked at factors that can increase intelligence in children and found that Omega-3 supplementation can increase IQ by an average of 3.5 points <sup>(2)</sup>. It has also been shown that babies who have higher levels of the Omega-3 DHA sleep better and are less likely to develop attention deficit disorder <sup>(3)</sup>. The level of DHA in the milk is crucial for proper eye development with levels of less than 0.35% associated with reduced visual acuity <sup>(4)</sup>. There are a number of other benefits for babies of having the best level of Omega-3 in breast milk, including improvements in blood pressure, asthma symptoms and allergies <sup>(5,6)</sup>.

For more information call +44 (0)1895

# your baby needs? Omega-3 and DHA

## Take the MyMilk Test!

The early days of your child's life are crucial to their health and well-being. Deciding to breast feed gives them a great start in life and ensuring that they get the best quality breast milk is the least we can do for them.

Now you can easily check the quality of your milk by taking the MyMilk test. A small sample of your milk is sent to The Institute of Aquaculture at Stirling University who analyse the sample and send you a report outlining the Omega-3 and DHA content of your milk. It will even contain a recommendation of how you can reach optimal levels to make sure that breast definitely is best!



UNIVERSITY OF  
STIRLING



**MyMilk**  
Naturally nutritious,  
for you and your baby

424 430 or visit [www.smartcells.com](http://www.smartcells.com)

## Instructions for collecting breast milk

- 1

Complete the enclosed request form with your details.
- 2

Unscrew the top of the transport bottle and take out the labelled specimen bottle inside. **Do not use the outer transport bottle for your sample.**
- 3

Write your full name and date of birth, as given on the request form, onto the label on the specimen bottle.
- 4

Express your breast milk by pump or by hand and transfer 5–10 mls into the labelled specimen bottle. Screw the top of the specimen bottle securely.
- 5

**DO NOT** remove the absorbent wadding inside the outer transport bottle.
- 6

Now place your labelled specimen bottle into the outer transport bottle.
- 7

Screw the top onto the outer transport bottle securely.
- 8

Place both your completed request form and the sample into the postal envelope.

Post the envelope into any UK Royal Mail post box. No stamp is required.

**For samples collected outside the UK your doctor or laboratory will provide instructions for the return of your sample.**

**Supporting Brain & Eye Health  
in developing & newborn babies**