Dear Ms. Doe,

Your sample for the analysis arrived on 21/03/2017 in the laboratory and was evaluated according to the highest laboratory quality standards (ISO 15189). The results were evaluated by two independent geneticists and molecular biologists and personally approved by me, the laboratory manager. After obtaining the results, your personal report was compiled. I hereby transmit the results to you in the format of your choice.

I would like to thank you for your trust and I hope that you are satisfied with our service. We are always open for questions and suggestions, please do not hesitate to contact us. This is the only way we can continuously improve our services.

I hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer, B.Sc.
Laboratory director
BREAST MILK SENSOR
The right nutrients for your baby

- Omega 3 in breast milk is important for the development of your child
- Omega-3 deficiency during development can lead to an up to 6 point lower IQ score
- Omega-3 deficiency leads to slower eye development
- Supplementation and right nutrition can elevate Omega-3 levels
- Analysis of Omega-3 content in breast milk
- The right Omega-3 amount for your baby
The role of breast milk in your baby's development

During the first six months of life, your baby is completely dependent on a carefully balanced mix of nutrients in the breast milk. It contains everything your baby needs in either perfect, or close to perfect amounts to ensure fast development of your baby's body and brain.

A number of environmental factors, however, influence the amount of the essential Omega 3 fatty acids in the mother’s milk and numerous scientific studies have shown, that this can have a negative effect on the development of the child. This important building block is required to build new cell membranes in cells of all tissues of the body and especially in the development of neurons/brain cells of the brain.

If the supply of Omega 3 fatty acids is too low during the time the brain develops and needs to build new brain cells, the overall development can be slowed and result in a generally lower intelligence quotient (IQ), lower Omega 3 content in red blood cells, impaired vision development and slower cognitive development. Even if the amount of Omega 3 is increased at later stages of life, the effects of slower development during the early stages of life will remain.

This is why it is especially important for parents to ensure that the baby gets all of the necessary nutrients from the mother's milk during the time of breastfeeding. Testing mother's milk for Omega 3 content is an advanced and reliable way of determining the Omega 3 concentration and allows the mother to increase the amount of Omega 3 fatty acids through the use of nutritional supplements if necessary.

Omega 3 and Development

Omega three fatty acids have a number of roles in the development of your child:

Building new cell membranes

Omega 3 fatty acids are an essential building block for cell membranes. During the first 6 months of life your baby will only get Omega 3 from the mother's milk and it needs enough to build about 2 000 000 000 000 new cells.

Brain Development and IQ

Especially brain cells require a lot of Omega 3 fatty acids to form. Only during the first 2 years of life new brain cells are formed in various regions of the brain (cerebellum, olfactory bulb, prefrontal cortex, and hippocampus). After the age of 2 the new formation stops and any development that was delayed during these 2 years can never be made up for later in life. Scientific studies have shown that Babies fed with high Omega 3 Milk can have up to 6 IQ points more.
Vision development

Omega 3 also plays an important role in the development of the eyes. Studies have shown, that children with a higher Omega three content in their blood develop clearness of vision faster than babies with low Omega 3 content.
The Result - Month 3

Here you see the result of the Omega-3 measurement (DHA) of your sample.

Your result: 0.58% Omega-3 (DHA)

The omega 3 content is too low and should be increased by supplementation with omega 3 capsules and change in nutrition.

Possible values:
0% - 0.31% (Too low)
0.32% - 0.79% (moderate)
0.8% + (optimal)
The result

You had a sample of the breast milk tested for Omega-3 content, which is essential for your baby's development. The analysis of the latest sample came to the following conclusion:

Omega-3 content too low!

The Omega-3 content is too low in the breast milk sample you provided. This could lead to a slower development in your child and so you should try to increase the omega-3 content you your milk.

Recommended daily supplementation: 588mg

In principle any Omega-3 nutritional supplements will suffice, as long as it supplies you with the right dose of Omega-3 fatty acids per day. You have the option of having a personalized Omega-3 nutritional supplement created specifically based on your individual needs. This supplement has been created from the highest quality materials, ensures that you obtain the rights dosage per day and it is free of unhealthy heavy metals. You can order your personalised NutriMe-Omega-3 from our website at www.DNAutriControl.com

In addition it is recommended to increase your omega-3 content by including more fish into your diet. There are also some algae supplements containing DHA, which are suitable for vegetarians and vegans.

Please remember your next testing interval in 2 months time to ensure that supplementation has had the required effect of increasing the omega 3 content or your breast milk.
**NutriMe - Mother&Child**

Not too much and not too little, individually mixed for you!

Omega 3 (more specifically DHA) is an essential micronutrient, necessary for the proper development of your child. Therefore, the right amount of omega-3 fatty acids in breast milk is of great importance. NutriMe Mother & Child is specifically created based on your analyses results, and ensures an adequate daily supply of omega-3 fatty acids. In addition to essential omega-3, many other important vitamins and minerals are included in NutriMe Mother & Child, to make sure your child is optimally supplied with essential micronutrients it needs during development.

As your baby gets the necessary vitamins exclusively from breast milk during the first 6 months, it is particularly important that the mother is not lacking any micro nutrients. Sufficient nutrients for the mother means sufficient nutrients for the developing child. Therefore NutriMe - Mother & Child has been specifically designed to be taken by the mother to ensure an adequate amount of nutrients in the breast milk.

**Constant nutrient supply throughout the day**

Since your body produces breast milk throughout the day, the micro-nutrients should be constantly available. This is not easy to accomplish, especially in the case of Vitamin C, as about 30 minutes after Vitamin C reaches the blood stream, half of it is already lost again. It is therefore important that micro-nutrients are released to the body in a slow but constant fashion. For this reason, NutriMe - Mother & Child consists of slow-release micro-transporters. These are small capsules containing a specific ingredient, which is slowly released over a period of several hours.

**Optized absorption**

Certain micronutrients are blocking each other’s absorption (for example, calcium and zinc), which means that products that contain both may have a poor absorption rate, or may even not be absorbed at all. Through the micro-transporter solution, interacting agents are placed in different transporter pellets and are released at different locations in the intestine. Thus, both substances can be effectively absorbed by the body.

**How to order:**

To place an order, go to: www.DNAnutriControl.com

| RECIPE CODE: DEMO_RR |
Customer Service

Questions or comments about our service?

Our customer service team is happy to help with any enquiries, questions or problems. You can contact us in the following ways:

➤ Tel: +43 (0) 662 425 099-33
➤ Fax: +43 (0) 662 425 099-44
➤ office@genosense.com

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

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5020 Salzburg
Austria
www.genosense.com
References

All our analyses and treatment recommendations are scientifically validated. Here are some of the relevant literature references for your information.

- Sharma S., Kumar P., et al., (2008): Approach to Inborn errors of Metabolism Presenting in the neonate. The Indian Journal of pediatrics. 75(3);271
- Database for Inborn Errors of Metabolism in the Indian State of AP
- http://biochem.uohyd.ernet.in/IEM%20disorders.html
- Noninvasive human metabolome analysis for differential diagnosis of inborn errors of metabolism; Tomiko Kuhara; doi:10.1016/j.jchromb.2007.03.031
- A new chemical diagnostic method for inborn errors of metabolism by mass spectrometry- rapid, practical and simulateneous urinary metabolites analysis; I. Matsumoto and T. Kuhara; Mass Spectrometry Reviews, 1996. 15, 43-57


Certifications

The Novogenia laboratory is one of the most modern and automated laboratories in Europe, and has numerous certifications and quality assurance systems that meet and exceed international standards. The various fields of business are certified separately to the highest standards.

Analysis for Lifestyle-purposes
Certified through analysis in our ISO 15189 certified laboratory

Medical interpretation of genetic analyses
Certified through analysis in our ISO 15189 certified laboratory

Scientific release of analysis results
Licensed for medical genetic analyses by the Austrian government

Company and office
Certified through ISO 9001
Technical details

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Ordernumber
DEMO_RR

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www.genosense.com

Analysis method
Gas Chromatography and Mass Spectrometry

Detection rate
~99%

Reason for Analysis
Analysis for prevention or early detection and treatment of inborn errors of metabolism

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