

Mother's Milk DHA Study - Follow-up Questionnaire

Please fill out this short follow-up questionnaire and return it along with your dried milk sample. If you have any questions, please do not hesitate to contact any of the investigators conducting this study at info@omegaquant.com. Thank you for your participation!

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1. Name: _____

2. Please indicate any changes in your contact information: _____

3. Did the results of your first Mother's Milk DHA Test motivate you to change your diet? Yes No

If yes, please indicate which food(s) you used to increase your intake of DHA:

_____ Fish	_____ Other foods rich in omega-3's
_____ Salmon	_____ Flaxseed
_____ Tuna	_____ Walnuts
_____ Herring	_____ Soybeans
_____ Trout	_____ Tofu
_____ Sardines	_____ Brussels sprouts
_____ Crab	_____ Cauliflower
_____ Oysters	_____ Squash
_____ Clams	_____ Other (please indicate below)
_____ Shrimp	_____
_____ Catfish	
_____ Tilapia	
_____ Other (please indicate below)	

How many days per week did you eat the above food? _____

4. Did the results of your first Mother's Milk DHA Test motivate you to start taking a supplement?

Yes No

If yes, how many pills per week did you take? _____ pills

If yes, please indicate the amount of DHA contained in each capsule: _____ mg

Please complete and return this form with your repeat milk spot sample to OmegaQuant[®] in the envelope provided.

*Submission of this milk sample for analysis indicates that the person named above understands the purpose and procedures of this study and thereby agrees to participate.