

# Test your Levels at Home

## Omega-3, Mom's DHA, Vitamin D & A1C

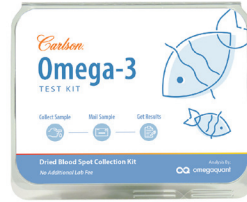
A simple, at-home finger stick test can measure the amount of omega-3s, mom's DHA, vitamin D, or A1C levels in our blood. With the results, make diet and lifestyle modifications (as needed) to improve your score. Then, monitor your progress by taking another at-home test.

### Omega-3 Test Kit

**Measures:** The amount of omega-3s in our blood.

**Ideal:** An index score of 8-12%.

**Benefits:** Promotes heart, brain, vision, joint, immune, and overall health.\*



### Vitamin D Test Kit

**Measures:** The amount of vitamin D3 in our blood using the gold standard LC-MS/MS method.

**Ideal:** A level of 30-100 ng/mL.

**Benefits:** Promotes bone, heart, brain, and immune health.\*



### Mom's DHA Test Kit

**Measures:** The amount of DHA in our blood.

**Ideal:** A DHA score of 5%.

**Benefits:** Reduces likelihood of preterm birth, and promotes healthy brain and vision development.\*

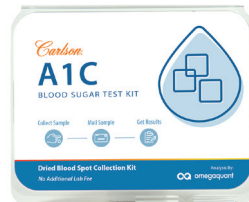


### A1C Test Kit

**Measures:** The amount of sugar (glucose) in our blood.

**Ideal:** Below 5.7%.

**Benefits:** Provides insight into our body's ability to metabolize glucose, our main source of energy.\*



*Carlson*  
Award-Winning Quality Since 1965

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Here's How it Works:



## Collect Sample

A simple finger stick test draws blood, which is put on a test strip.



## Mail Sample

The test strip is mailed to OmegaQuant, where status is assessed.



## Get Results

Results are sent to the email address provided within 1-2 weeks.



## Modify Diet

Dietary/lifestyle modifications may be recommended to improve a low score (if needed).



## Keep With It

It typically takes a few months to improve your levels.



## Monitor Level

Monitor progress by taking a test every 4-6 months.

PRODUCT	QUANTITY	ITEM CODE
<b>Omega-3 Test Kit</b>	1 Test	7380
	6 Pack	7381
<b>Vitamin D Test Kit</b>	1 Test	7370
	6 Pack	7371
<b>Mom's DHA Test Kit</b>	1 Test	7390
	6 Pack	7391
<b>A1C Test Kit</b>	1 Test	7360
	6 Pack	7361



# Carlson

©2021-2022 J.R. Carlson Laboratories, Inc., 600 W. University Drive, Arlington Heights, IL 60004

Fax: 847-255-1605 • E-mail: [carlson@carlsonlabs.com](mailto:carlson@carlsonlabs.com)

Phone: 847-255-1600 • 888-234-5656 • [carlsonlabs.com](http://carlsonlabs.com)

