

EVERY STAGE OF LIFE

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life'sDHA™ plant-sourced omega-3:

A nutritionally complete diet includes omega-3's such as **life'sDHA™**. DHA (docosahexaenoic acid), an omega-3 fatty acid, is a major structural fatty acid in the brain and eyes, and a key component of the heart. DHA is the only omega-3 that has been shown to support brain, eye and heart health throughout every stage of life.* Yet the typical American diet usually falls short of recommended DHA levels.

Unlike other sources of DHA omega-3, **life'sDHA™** comes from a vegetarian source (algae), grown in an FDA-inspected facility. Because **life'sDHA™** is not from fish, there is no worry of ocean-borne contaminants.

Directions: Take up to three (3) softgels daily, preferably with food. Do not exceed recommended dosage. Consult your health care professional before using this product. Keep in a cool dry place with the cap tightly closed.

Keep Out of Reach of Children.

life'sDHA™ is a trademark of Martek Biosciences Corporation



21ST
CENTURY®

**DHA
200**

plant-sourced omega-3

Dietary Supplement

*Supports brain, eye and heart health
throughout every stage of life!**

life'sDHA™

from an all natural plant source

60 softgels



Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	% DV
Calories	5
Calories from Fat	5
Total Fat	0.5 g >1%
Saturated Fat	0 g
Polyunsaturated Fat	0.5 g

DHA (Docosahexaenoic Acid 200 mg **
from Algal Oil)

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Sunflower Oil, Glycerin, Lecithin, Tocopherols, Ascorbyl Palmitate.
Contains a soy ingredient (lecithin).

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

