

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 two (2) 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



21<sup>ST</sup>  
CENTURY®

**DHA  
300**

HIGH POTENCY  
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

30 softgels

**Supplement Facts**

Serving Size: 1 Softgel

Amount Per Serving	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g >2%
Saturated Fat	0 g
Polyunsaturated Fat	1 g

DHA (Docosahexaenoic Acid 300 mg \*\*  
from Algal Oil)

\*\* Daily Value (DV) not established.

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

**21<sup>ST</sup> Century HealthCare, Inc.**  
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\*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.

