

# DHA prenatal supplement

plant-pure DHA omega-3  
from algal oil, 200 mg

Compare to key ingredient in Expecta<sup>®</sup>\*\*

helps support fetal brain and eye development\*  
plant-pure DHA omega-3 as used in all  
infant formulas



\*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.

**Suggested use:** As a dietary supplement for pregnant and nursing women, take one softgel daily with a meal. Not intended for children or other adult populations.

## Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 30

| Amount Per Serving                                     | % DV Pregnant Women |
|--------------------------------------------------------|---------------------|
| Calories                                               | 5                   |
| Calories from Fat                                      | 5                   |
| Total Fat                                              | 0.5 g †             |
| DHA (docosahexaenoic acid from Schizochytrium sp. Oil) | 200 mg †            |
| † Daily Value not established                          |                     |

**Other Ingredients:** Gelatin Capsule (Porcine Gelatin, Glycerin, Purified Water, Zinc Oxide, Carmine), High Oleic Sunflower Oil, Sunflower Lecithin, Rosemary Extract, Tocopherols and Ascorbyl Palmitate as antioxidants.

**USE ONLY IF INNER SEAL IS NOT BROKEN OR MISSING**

**KEEP OUT OF THE REACH OF CHILDREN.**

Keep tightly closed in a cool, dry place.

Supplementation with omega-3 fatty acids should be avoided in patients with inherited or acquired bleeding predispositions, including those taking anticoagulants. As with any product containing omega-3 fatty acids, adhere carefully to the amount recommended by your health care practitioner.

## DHA Facts:

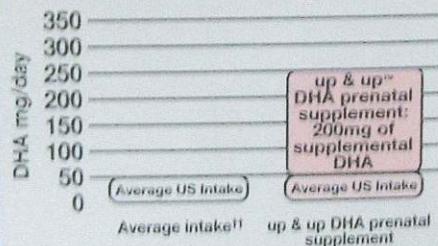
Doctors recommend DHA during pregnancy and nursing\*  
Developing infants cannot produce optimal levels of DHA on their own\*

DHA is important for the development of your baby's brain and eyes\*

The DHA in up & up<sup>™</sup> DHA prenatal supplement is fish free and free of any oceanic contaminants



## DHA intake of pregnant and nursing women



†A daily value for DHA has not been established. A panel of experts in lipid nutrition has recommended 300 mg/day for pregnant and nursing women.

\*\*This product is not manufactured or distributed by Mead Johnson & Company, owner of the registered trademark Expecta<sup>®</sup>.

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