

Fish is Brain Food

DHA belongs to the omega-3 family of essential fatty acids and plays a critical role in the health and well-being of humans. Like all fats, essential fatty acids provide energy for the body; however, the functions of DHA are unique and particularly important for human survival and growth. Specifically, DHA is a fundamental molecule in the structure and activity of the membranes of all cells throughout the body.[†]

As the most abundant omega-3 fatty acid in the mammalian brain, DHA is vital for normal brain development and for maintenance of normal brain function throughout life. DHA comprises over 50% of the fatty acids in the brain's gray matter and retina, suggesting that it is critical for cognitive and visual function. DHA protects the neurons in the hippocampus, the brain's seat of learning, memory and emotion.[†]

The evidence and scientific research continue to grow daily in clinical exams and tests that the addition of Omega-3 fish oil is one of the most important benefits to your health available today. Researchers are actively studying the role of DHA in the maintenance of brain and memory function, cognitive health, cellular health and eye health throughout the lifespan.[†]

- Supports a healthy brain[†]
- Supports brain cell fluidity for healthy cellular communication[†]
- Nutritional support for the brain and nervous system[†]
- Helps support eye health[†]
- Supplementation with DHA during pregnancy supports visual acuity and cognitive health in infants[†]
- Molecularly distilled to remove pesticides, PCBs and heavy metals.
- With Lemon Oil

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs, or are pregnant or lactating. People with allergies to fish should consult their healthcare professional before taking this product.

NATROL[®]

DHA 500 Super Strength

Brain Support[†]

- Nutritional Support for the Brain and Nervous System[†]
- 500 mg
- Only 1 Per Day

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SOFTGELS



DIETARY SUPPLEMENT

Directions: Take 1 softgel, one time daily, with a meal.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Calories	15
Calories from Fat	10
Total Fat	1 g 2%*
Saturated Fat	0 g 0%
Trans Fat	0 g **
Polyunsaturated Fat	1 g **
Monounsaturated Fat	0 g **
Cholesterol	5 mg 2%*
Omega-3 Fish Oil (tuna, anchovy, sardine)	1,200 mg **
DHA (Docosahexaenoic Acid)	500 mg 338%***
EPA (Eicosapentaenoic Acid)	40 mg

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

***Combined daily value for EPA & DHA.

Other Ingredients: Gelatin, Glycerin, Water, Natural Lemon Flavor, Mixed Natural Tocopherols (as preservative).

NO Yeast, Wheat, Corn, Milk, Egg, Glutens, Artificial Colors or Flavors, Added Sugar or Starch

Contains: Sodium, Soy, Animal derivatives in trace amounts

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

Manufactured for NATROL, Inc.
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Made in Canada

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.