

**Directions:** As a dietary supplement, take one vegetarian softgel daily, preferably with a meal or as directed by a healthcare practitioner.

**Bluebonnet's Natural Omega-3 Vegetarian DHA 200 mg Vegetarian Softgels** contain *life'sDHA*™, a vegetable-based docosahexaenoic acid (DHA) in a natural triglyceride form derived from marine algae. Available in easy-to-swallow vegetarian softgels for a truly vegetarian formula from the inside out.

Manufactured for  
**Bluebonnet Nutrition Corporation**  
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[www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)



# Bluebonnet

## Natural Omega-3 Vegetarian DHA 200 mg

NATURAL TRIGLYCERIDE FORM



Vegan

Algal Oil  
Dietary Supplement  
30 Vegetarian Softgels



## Supplement Facts

Serving Size 1 Vegetarian Softgel

Amount Per Serving	% Daily Value
DHA (docosahexaenoic acid from algal oil)	200 mg * Daily Value not established.

Other ingredients: Algal oil, soluble food starch, glycerin, high oleic sunflower oil, water, sea vegetable extract, sorbitol, ascorbyl palmitate, tocopherols, natural flavor, lecithin (sunflower), beta-carotene, natural caramel color.

**Contains: Soybeans**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of yeast, gluten, barley, rice, sodium and sugar.

*life'sDHA*™ is a trademark of DSM.