



DHA prenatal supplement

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

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Compare to key ingredient in **Expecta[®]****

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



30

SOFTGELS

*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.

30 SOFTGELS SHOWN ACTUAL SIZE ABOVE

part #23500-REV2



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LOT: 112NM11
EXP: 08/14

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 Per 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, Carmine, Annatto, Caramel, Titanium Dioxide), 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:

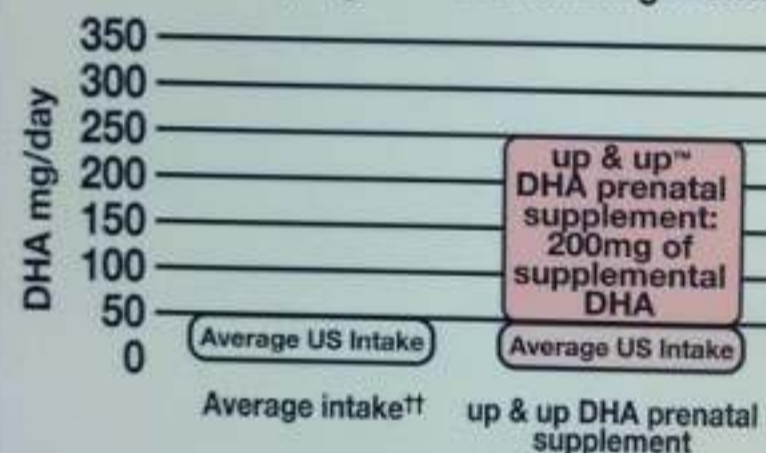
Doctors recommend DHA during pregnancy and nursing*
Developing infants cannot produce optimal levels of DHA on their own*

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

The DHA in up & up™ 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[®].

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