

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.808.7311.**



UNSURPASSED.
*Purity. Quality. Integrity.
Effectiveness.*

Andrew Lessman
Founder of ProCaps Labs



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800.944.9999



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MANUFACTURED BY 

ALGAL DHA 250

ESSENTIAL OMEGA-3 FATTY ACID

250 MG PLANT SOURCED DHA
NON-GMO • NON-FISH SOURCE



PROCAPS
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ALL-SOLAR
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180 Easy-to-Swallow Capsules

Andrew Lessman's ALGAL DHA 250 is the result of our long search for a non-GMO, sustainable, plant-based source of nature's most important Omega-3 fat – **DHA** (Docosahexaenoic Acid). Our **DHA** is not sourced from fish oil, but is instead isolated from algae, which is the same source that fish use to concentrate their own Omega-3s. Essentially, by using algae, we effectively “cut out the fishy middleman.” Our algae comes from one of the world's more unusual places – the Bay of Fundy in Nova Scotia, Canada. This unique body of water experiences the world's greatest tidal differentials (50 feet daily) and it is this extreme environment that creates our unique strain of algae and its high concentration of DHA. Research has long shown that diets rich in Omega-3s, like DHA, are associated with superior heart, brain, eye, circulatory and general health; yet sadly, the American diet delivers alarmingly low levels of these precious fats. As essential as **DHA** is to life, it cannot be made by the body and its only major sources are cold-water fish and fish oil supplements. By going directly to the source, our algae-based DHA is the most sustainable supply of the most important Omega-3 – **DHA**. Typical Omega-3 formulas focus on EPA and although essential, it is less costly and less beneficial than **DHA**. We have always focused on **DHA**, which is by far the predominant and most important fatty acid in the brain and eye. Although fish oil has long been praised for its myriad benefits, our **Algal DHA 250** provides all the benefits of fish oil, but from a sustainable, plant-based source without the contaminants, stomach upset or fishy aftertaste. 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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts	
Serving Size 1 Softgel	Servings Per Container 180
Amount Per Serving	%DV*
Calories 5	
Total Fat 0.5 g	1%
Cholesterol 0 mg	†
Algal Oil (Schizochytrium sp.)	625 mg †
DHA-Docosahexaenoic Acid (Omega-3)	250 mg
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.	
† Daily Value not established.	

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin) rosemary extract, mixed tocopherols (vitamin E), ascorbyl palmitate (vitamin C).