

STORE IN A COOL, DRY PLACE.

Suggested Serving: 1 softgel daily with food. Consult a healthcare practitioner for your individual needs.

Spectrum
ESSENTIALS

A NON-FISH DHA SOLUTION FOR EXPECTING AND NURSING MOTHERS

Naturally found in the brain and eye, clinical research shows DHA supports a baby's brain and vision development.* Doctors recommend expectant mothers take DHA. This unique non-fish DHA formula provides 200mg of this vital nutrient, while avoiding risk of ocean-borne contaminants sometimes found in fish oils.

*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.



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PRENATAL DHA

For Pregnant or Nursing Mothers



OMEGA-3 FOR YOUR BABY'S BRAIN
AND VISION DEVELOPMENT*

DIETARY
SUPPLEMENT

NO FISH OIL!

60-Day Supply

60 Softgels

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount Per Serving	% Daily Value
Omega-3 Fatty Acids (from Algal Oil)	240mg †
DHA (docosahexaenoic acid)	200mg †

† Daily Value not established.

OTHER INGREDIENTS: Gelatin, glycerin, purified water, annatto (color), sunflower oil, sunflower lecithin, added to protect freshness (ascorbyl palmitate, rosemary extract, tocopherols).

MANUFACTURED FOR:

THE HAIN CELESTIAL GROUP, INC.
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