



Vegetarian Prenatal DHA

570 mg DHA • Plant-Based

DIETARY SUPPLEMENT

✓ Prenatal Support* ✓ Fetal Development* ✓ Immune Health*

60 Vegetarian Soft Gels | 30 Servings

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Fat	1 g	1%**
Algal Oil (derived from <i>Schizochytrium</i> sp.) [†]	1,000 mg	†
DHA (Docosahexaenoic Acid) [†]	570 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established. [†]Reported as triglycerides.

Other Ingredients: High oleic sunflower oil, soft gel shell (tapioca starch, glycerin, water), natural mixed tocopherols.

Directions: Pregnant and Lactating Women: take two soft gels daily **at mealtime**.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Research shows DHA is an important nutrient during pregnancy and breastfeeding. During pregnancy, DHA supports healthy brain function and mood in moms and promotes healthy brain and vision development in growing children.* When taken after pregnancy, DHA can enhance the quality of breast milk.* **Vegetarian Prenatal DHA**, sustainably sourced from algae, provides 570 mg of DHA in a single serving. A vegetarian diet may not provide an adequate amount of DHA, so a plant-based supplement can be a great option.

✓ **Vegetarian** ✓ **No Artificial Preservatives**

PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.



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