



# Mother's DHA

500 mg DHA

DIETARY SUPPLEMENT

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

60 Soft Gels | 60 Servings



*Carlson.* Providing the finest Norwegian omega-3s since 1982

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 60

|                                   | Amount Per Serving | % DV for Pregnant Women and Lactating Women |
|-----------------------------------|--------------------|---------------------------------------------|
| Calories                          | 10                 |                                             |
| Total Fat                         | 1 g                | 1%**                                        |
| Vitamin E (as d-alpha tocopherol) | 6.7 mg             | 35%                                         |
| Norwegian Fish Oil Concentrate    | 1 g                | †                                           |
| Total Omega-3 Fatty Acids*        | 640 mg             | †                                           |
| DHA (Docosahexaenoic Acid)*       | 500 mg             | †                                           |
| EPA (Eicosapentaenoic Acid)*      | 100 mg             | †                                           |

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

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water).  
Contains fish (anchovy, sardine, mackerel).

**Directions: Pregnant Women and Lactating Mothers:**  
take one soft gel once or twice daily **at mealtime.**

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Recent medical studies have found that DHA is especially important during pregnancy and lactation. During pregnancy, DHA supports healthy brain and immune function in moms and promotes healthy brain, vision, and nervous system development in growing babies.\* When taken after pregnancy, DHA can help enhance the quality of breast milk.\* A single **Mother's DHA** soft gel provides 500 mg of DHA to meet the growing health needs of mom and baby.

✓ **Gluten-free**

✓ **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.

\*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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