

High DHA™ delivers a unique 10:1 ratio of DHA to EPA in a sustainable, antioxidant-stabilized form. This formula is excellent for individuals who may benefit from high levels of DHA to support vascular, cognitive, and eye health.\*

Advantages of this premium formula include:

- Third-party assayed
- Natural lemon flavor

**\*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.**

**DIRECTIONS:** Take one softgel one to three times daily with food or as directed by your healthcare practitioner.

**WARNING:** This product contains calamari, a mollusk shellfish. If you are allergic to mollusks, do not use this product. Please note that a subset of individuals with crustacean allergies may also react to mollusks.

**CAUTION:** If pregnant or nursing, or taking medication, including blood thinning medications, consult your healthcare practitioner before use. Do not use before surgery. Keep out of the reach of children.

**Storage:** Keep tightly closed in a cool, dry place.



**High DHA™**  
Concentrated, Stabilized,  
and Sustainable  
10:1 DHA to EPA Ratio  
Natural Lemon Flavor  
Dietary Supplement  
90 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90

|                             | Amount<br>Per Softgel | % Daily<br>Value |
|-----------------------------|-----------------------|------------------|
| Calories                    | 10                    |                  |
| Calories from Fat           | 10                    |                  |
| Total Fat                   | 1 g                   | 2%*              |
| Cholesterol                 | 10 mg                 | 3%*              |
| Calamari Oil Concentrate    | 1200 mg               | **               |
| DHA (Docosahexaenoic acid)  | 600 mg                | **               |
| EPA (Eicosapentaenoic acid) | 60 mg                 | **               |
| Other Omega-3 Fatty Acids   | 20 mg                 | **               |

\*Percent Daily Value are based on a 2,000 calorie diet.

\*\*Daily Value not established

Ingredients: Calamari oil, gelatin, glycerin, purified water, natural lemon flavor, and mixed tocopherols.

Developed and Manufactured by: METAGENICS, INC.  
Makers of Professional Quality Supplements  
100 Ave. La Pata, San Clemente, CA 92673  
[www.metagenics.com](http://www.metagenics.com)

