



OPTIMAL SOLUTIONS<sup>®</sup>

# VEGETARIAN DHA 200 MG

Natural Omega -3



Supports the Health of Both Mother & Child\*  
Designed for Pregnant & Lactating Women

*Beauty Starts on the Inside™*

**30 Softgels** DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) softgel twice daily, preferably with meals.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



life'sDHA is a trademark of DSM.



Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

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## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%**
Docosahexaenoic Acid (DHA)	200 mg	***
from DHA rich oil derived from a plant based algae ( <i>Schizochytrium sp.</i> )		

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

\*\*\*Daily Value not established.

**Other Ingredients:** Modified Corn Starch, Vegetable Glycerin, Sunflower Oil, Carrageenan. **Contains <2% of:** Ascorbyl Palmitate, Beta-Carotene (color), Natural Caramel Color, Natural Flavor, Sorbitol, Sunflower Lecithin, Tocopherols.

**No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Suitable for Vegetarians

\*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.



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