

**USAGE:** Take 1 to 2 softgels with each meal or as directed by your qualified healthcare professional. For pregnancy or lactation, take 1 to 2 softgels per day; for children, give 1 softgel per day.

**NOTE:** If you have a medical condition (especially seafood allergies or coagulopathy), are taking medications (especially anticoagulants), or facing surgery, consult your healthcare professional before using this product.

**Max DHA®** contains omega-3 fatty acids from calamari oil highly purified and concentrated by **molecular distillation**.

DHA is the predominant fatty acid in the brain, nervous system and retina of humans.\* DHA is important for fetal and infantile neurological development.\* DHA also supports neurological function in seniors.\*

**Keep away from light and heat.  
Keep out of the reach of children.**

\* 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.



Certified as sustainable by Friend Of The Sea®

Lot #. Best Used Before:

**Jarrow**  
F O R M U L A S

HIGH PURITY

**MAX DHA®**

HIGHLY CONCENTRATED OMEGA-3'S

SUPPORTS BRAIN AND  
EYE HEALTH\*

**180**  
SOFTGELS

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 90

	Amount Per Serving	% DV
<b>Calories</b>	10	
Total Calamari Oil (source of Omega-3)	1200 mg	*
DHA (Docosahexaenoic Acid)	500 mg	
EPA (Eicosapentaenoic Acid)	130 mg	

\* Daily Value not established.

Other Ingredients: Natural flavor, mixed tocopherols, rosemary extract and ascorbyl palmitate. Softgel consists of gelatin, glycerin, water and is colored with carob as a light barrier.

**Contains:** Calamari.

No wheat, no gluten, no soybeans, no dairy, no egg, no peanuts/tree nuts, no chemical solvents.

Distributed Exclusively by:

**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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