

**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.

Lot #. Best Used Before:

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

# Jarrow FORMULAS®

High Purity

Highly Concentrated Omega-3's

# Max DHA®

Supports Brain and Eye Health\*

90 Softgels  
Dietary Supplement

## Supplement Facts

Serving Size 2 Softgels	Servings Per Container 45	
	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.



03213DHA

PROD # 116007



7 90011 16007 6

Certified as sustainable by  
Friend Of The Sea®

© 2013 Jarrow FORMULAS®