



OCEANS MOM

Prenatal DHA

FOR PREGNANT & LACTATING WOMEN
350mg OMEGA-3 DHA
ONCE DAILY • STRAWBERRY FLAVOR

30 SOFTGELS

OMEGA-3 DIETARY SUPPLEMENT

Oceans MOM® Prenatal DHA

Quality You Can Trust

PURITY

Oceans MOM® Prenatal DHA utilizes a multiple-stage molecular distillation process, employing extensive quality controls to produce ultra pure, DHA rich fish oil.

QUALITY TESTING

Oceans MOM® Prenatal DHA fish oil is verified pure and fresh through independent, third-party testing that exceeds strict international standards for peroxides, mercury, lead, dioxins and PCBs.

SUSTAINABILITY

Our fish oil is sustainably harvested and is 5-Star certified by the International Fish Oil Standards (IFOS™) Program.



For every Oceans MOM® Prenatal DHA bottle sold, a donation will be made to WomenHeart. WomenHeart champions prevention and early detection, accurate diagnosis and proper treatment of women's heart disease.

For Your Baby's Healthy Development†

DHA is an essential Omega-3 fatty acid and must be obtained from dietary sources or a high-quality supplement. Pregnancy and lactation can place high demands on your body and deplete your DHA reserves. DHA is especially important in the last trimester of pregnancy and the first few months of an infant's life.†

Oceans MOM® Prenatal DHA supplies 350mg of DHA, the optimum level for pregnant and lactating women. One small, pleasant-tasting, strawberry-flavored softgel provides a broad range of benefits for both you and your baby.†

- ▶ Helps Support Brain, Eyes and Nervous System in Developing Babies†
- ▶ Promotes Positive Mood and Emotional Well-Being for Mothers†
- ▶ Enhances the Quality of Breast Milk†

† 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.

Suggested Use: Adults take 1 softgel daily with water. Best taken with food. Not intended for children. Softgels are enhanced with a natural strawberry flavor. For optimal freshness refrigerate after opening.

Advanced Usage: Adults may increase to 2 softgels daily.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	<1% ¹
Total Omega-3 Fatty Acids	365 mg	
DHA (Docosahexaenoic Acid)	350 mg	+
EPA (Eicosapentaenoic Acid)	15 mg	+

¹ Percent Daily Values are based on a 2,000 calorie diet.

+Daily Value not established.

Ingredients: Purified deep sea fish oil (anchovies and sardines), gelatin, glycerin, natural tocopherols (soy), natural strawberry flavor.

Contains: Fish, soy.

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy ingredients, tree nuts or shellfish. Manufactured in a facility that also processes dairy, eggs, wheat, peanut, tree nuts and shellfish.

No filler ingredients, artificial colors, flavors or preservatives. Gluten Free. Dairy Free.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

Distributed by Garden of Life LLC

4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
©2015 Garden of Life LLC www.gardenoflife.com



6 58010 11395 3