

SOFTGEL  
SIZE



CODE 1609  
V2

Store in a cool, dry place after opening. Please Recycle.  
Do Not Eat Freshness Packet. Keep in Bottle.

Caution: For adults only. Consult physician if taking medication or have a medical condition. Keep out of 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.

DHA (Docosahexaenoic Acid) is an omega-3 essential fatty acid that is a major building block of cell membranes. It can be found in high concentrations especially in the brain, nerve tissue, and in the retina of the eye and is therefore essential for the development and maintenance of these cells and organs throughout life. NOW® Vegetarian DHA is produced from naturally occurring microalgae via a patented fermentation process. Vegetarians and people who do not eat fish have a limited intake of DHA, so the use of NOW® Vegetarian DHA offers an attractive option in order to achieve optimal intake.\*

**SUGGESTED USAGE:** As a dietary supplement, take 2 softgels 2 to 3 times daily with food.



## Vegetarian DHA

COGNITIVE SUPPORT

200 mg DHA Omega-3 per Softgel

- Nervous System Health
  - Supports Eye Health\*
- 90 Veggie Softgels

A Dietary Supplement  
Vegetarian/Vegan

DHAid



## Supplement Facts

Serving Size 2 Softgels Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
<b>Docosahexaenoic Acid (DHA)</b>	<b>400 mg</b>	<b>†</b>

\* Percent Daily Values are based on 2,000 calorie diet.  
† Daily Value not established.

Ingredients: DHAid® Algal Oil (*Ulkenia sp.*) blend [with sunflower oil and natural mixed tocopherols (from soy)] and Vegetarian Softgel Capsule [modified potato starch, glycerol, potato starch, sorbitol, eucheama seaweed, mono & diglycerides of fatty acids, carnauba wax].

Formulated & Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
For more product information visit [www.nowfoods.com/1609](http://www.nowfoods.com/1609)

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

DHAid® is a purely vegetarian omega-3 DHA and a registered trademark of Lonza Ltd, Switzerland.