

Contains NO: gluten • wheat • milk • lactose • tree nuts • peanuts • eggs.

#1 Natural Prenatal Brand*

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.

To open, press along perforation.

New Look,
Same
Formula!



Prenatal DHA Smart Essentials®

Formerly DHA 250 Smart Essentials™

 Ultra-Pure Fish Oil

Healthy brain & eye development*

Pure & gentle on the stomach*

No fishy taste or smell

Gluten-Free | Sustainably Sourced

60 Softgels | Dietary Supplement

Ultra-Pure Prenatal DHA Nourishes Mom & Baby
from conception through nursing.*

Promotes Baby's development and Mom's
health – in just 1 softgel per day.*

• Healthy brain & eye development*

Expert recommended level of DHA†† •
vitamin E • choline

• Exceptional purity & sustainability

Wild, sustainable, deep ocean fish •
solvent-free molecular distillation • independently
tested for heavy metals & toxins • follows strict
international purity & sustainability standards

• Easy to digest with no fishy taste or smell

Natural orange essential oil

SUGGESTED USAGE: Take 1 softgel
daily, with or between meals, while
trying to conceive, pregnant or nursing.
Gentle on the stomach.

KEEP OUT OF REACH OF CHILDREN. Consult your health
care professional prior to use if you are taking medication
or have a medical condition.

* 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.

Supplement Facts

Serving size: 1 Softgel

Servings Per Container: 60

	Amount Per Serving	%DV
Calories	10	
Calories from fat	10	
Total Fat	1 g	1%†
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Choline (as Bitartrate)	50 mg	*
Purified Deep Sea Fish Oil	416 mg	*
Omega-3 Fatty Acids	308 mg	*
Eicosapentaenoic acid (EPA)	33 mg	*
Docosahexaenoic acid (DHA)	250 mg	*
Mixed Tocopherols	20 mg	*
Orange [peel] Essential Oil	15 mg	*

* Daily Value (DV) not established.

Percent Daily Values (DV) are based on a
2,000 calorie diet.

Other Ingredients: soybean oil, yellow beeswax, silica, lecithin
(soy), ascorbyl palmitate. Softgel Shell: gelatin, purified water,
glycerin, natural caramel color, natural orange oil, zinc oxide, carob.
Contains anchovy, sardine, mackerel and/or wild, sustainable, deep
sea Pacific Ocean tuna.

†† When combined with average dietary intake of 50 mg DHA, for a
total of 300 mg daily. This is the recommended level established
for pregnant and nursing women in 1999 by international experts
associated with the US National Institutes of Health.

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*SPINS Data

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS®**
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