

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

#1 Natural Prenatal Brand*
Non-GMO Omega-3 fish oil
OMEGA

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

Please remove label to recycle bottle.
To open, press along perforation.

NEW!

Non-GMO Omega-3 support for Conception through Nursing – from the #1 Natural Prenatal Brand™ 450 mg DHA** plus EPA to promote healthy cell formation and growth, and support development and function of the brain, eyes, and nervous and immune systems.* Naturally rich source of Omega-3 DPA, which may support DHA and EPA function.*

- Supports brain & cognitive development*
- Supports immune & nervous system health*
- May support healthy post-partum mood*
- Non-GMO, ultra pure & Friend of the Sea® certified sustainable fish oil
- Fully traceable • Molecularly distilled • Third-party tested • 300+ quality checkpoints
- Pleasant orange taste and smell; no repeat
- No artificial colors, flavors, preservatives or sweeteners

**Surpasses the 300 mg per day recommended for pregnant women by the National Institutes of Health.

*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.



Mother's Own™
DHA 450 + DPA
Non-GMO, Ultra-Pure,
Sustainable Fish Oil

Nutritional support for pregnancy and nursing*
Promotes healthy cell formation and growth*
Supports brain, eye and immune health*

Gluten-Free | No Artificial Additives
30 Vegetarian Softgels | Dietary Supplement

Supplement Facts

Serving size: 1 Softgel
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	*
Calories from fat	10	*
Total Fat	1 g	1%†

Non-GMO, ultra-pure OmegaActiv® Fish Oil (from Menhaden)	1000 mg	*
Total Omega-3 Fatty Acids	610 mg	*
Eicosapentaenoic acid (EPA)	45 mg	*
Docosahexaenoic acid (DHA)	450 mg	*
Docosapentaenoic acid (DPA)	85 mg	*
Other Omega-3 Fatty Acids	30 mg	*
Other Omegas	50 mg	
Total Omegas	660 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: Vegetarian capsule (vegetable glycerin, modified starch, carrageenan, purified water).

SUGGESTED USAGE: Take 1 softgel per day, with or between meals, while trying to conceive, pregnant or nursing.

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

Store in a cool, dry, dark place. Do not refrigerate.

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*SPINS Data