



— 21ST —
CENTURY®
PreNatal DHA

Compare Active Ingredients to
EXPECTA® DHA†

For Pregnancy & Nursing Moms
Supports Brain & Eye
Development in Babies*

DHA SUPPLEMENT

30 SOFTGELS



Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	% DV**
Calories 5	
Calories from Fat 5	
Total Fat 0.5 g	1%
DHA 200 mg (docosahexaenoic acid from <i>Schizochytrium</i> sp. oil)	***

**Percent Daily Values (DV) based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: High Oleic Sunflower Oil, Sunflower Lecithin, Mixed Tocopherols (Vitamin E) and Ascorbyl Palmitate (Vitamin C) as Antioxidants, in a Gelatin Capsule (Gelatin, Water, Glycerin, FD&C Red #40, Annatto).

***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.**

†Expecta® DHA is a registered trademark of Mead Johnson & Company.

21ST Century® PreNatal DHA, an Omega-3 fatty acid from a non-fish source, helps support baby's brain and eye development during pregnancy and breast feeding.* PreNatal DHA can be taken in combination with your prenatal vitamin.

Directions: As a dietary supplement, adults take one (1) softgel daily with any meal. Consult your doctor before taking any supplement. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature. No added Sugar, Salt or Yeast.

WARNING: Supplementation with omega-3 fatty acids should be avoided in patients with inherited or acquired bleeding predispositions, including those taking anticoagulants. As with any product containing omega-3 fatty acids, adhere carefully to the amount recommended by your healthcare practitioner.

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