

Maintain a Healthy Brain & Improve Your Memory*

Maintaining a healthy brain as you age is easier than you think. Regular exercise, getting enough sleep and eating a healthy, well-balanced diet with a sufficient amount of the omega-3, DHA will certainly help. DHA is the healthy fatty acid that helps keep our brains running optimally as we age.* In fact, 97% of the omega-3 fats in the brain are DHA. Just like we need calcium for strong bones, we need DHA for strong brains.*

BrainStrong™ Adult is uniquely formulated with *life'sDHA*™, the only source of DHA clinically shown to improve memory in adults over 55, plus L-theanine and green tea extract to support mental sharpness and energy.*†† Taken as directed, BrainStrong™ Adult will protect your brain against normal cognitive decline associated with aging as well as enhance your mental clarity.*

*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.

life'sDHA™ is a trademark of DSM.

Keep out of reach of children. As with any dietary supplement, please inform your healthcare professional before use. Do not use this product if safety seal bearing "SEALED for YOUR PROTECTION" under cap is missing or torn.

Storage Conditions: Do not expose to excessive heat, humidity, or direct sunlight.



BALM6107-4

OMEGA-3 DHA DAILY SUPPLEMENT

brainstrong™

powered by *life'sDHA*™

ADULT

Clinically shown to improve memory**†



Supports mental clarity*

Helps protect against normal cognitive decline as we age*

90 300mg
DHA softgels

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Supplement Facts

Serving Size: Three (3) Softgels

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	35	
Calories from fat	25	
Total fat	2.5 g	4% **
Saturated fat	1 g	5% **
DHA (docosahexaenoic acid from algal oil)	900 mg	†
Brainstrong Proprietary Blend (L-theanine and Green tea leaf extract (<i>Camellia sinensis</i>) which provides 63 mg of caffeine per serving)	200 mg	†

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

† Daily Value not established.

Other ingredients: Algal oil (high oleic sunflower oil, ascorbyl palmitate, sunflower lecithin, tocopherols, rosemary extract), rice bran oil, vegetable wax, gelatin, glycerin, water, colors (annatto, carmine, and carob).

Distributed by **i-Health, Inc.** 55 Sebethe Drive, Cromwell, CT 06416

Made in the USA with US and imported materials.

Directions: Take 3 softgels per day. Take all at once or throughout the day. Does not need to be taken with food.

For questions, concerns, or to report an adverse event, please call (800) 722-3476. www.brainstrongdha.com

††A 2010 clinical study showed that adults over 55 with a mild memory complaint who took 900mg/day of *life'sDHA*™ for 6 months, improved their memory.