



Garden of Life

OCEANS MOM

Prenatal DHA

FOR PREGNANT & LACTATING WOMEN
350 mg OMEGA-3 DHA
ONCE DAILY STRAWBERRY SOFTGEL

30 SOFTGELS

OMEGA-3 DIETARY SUPPLEMENT

Suggested Use: Adults take 1 softgel daily. Best taken with food. Not intended for children. Softgels are enhanced with a light, natural strawberry flavor. For optimal freshness refrigerate after opening.

Advanced Usage: Adults may increase to 2 softgels daily.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 30

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
|--|--------------------|---------------|

| | | |
|----------|---|--|
| Calories | 5 | |
|----------|---|--|

| | | |
|-------------------|---|--|
| Calories from Fat | 5 | |
|-------------------|---|--|

| | | |
|-----------|-------|------------------|
| Total Fat | 0.5 g | <1% ¹ |
|-----------|-------|------------------|

| | | |
|----------------------------------|---------------|--|
| Total Omega-3 Fatty Acids | 365 mg | |
|----------------------------------|---------------|--|

| | | |
|----------------------------|--------|---|
| DHA (Docosahexaenoic Acid) | 350 mg | + |
|----------------------------|--------|---|

| | | |
|-----------------------------|-------|---|
| EPA (Eicosapentaenoic Acid) | 15 mg | + |
|-----------------------------|-------|---|

¹ Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Ingredients: Purified deep sea fish oil (anchovies and sardines), gelatin, glycerin, natural tocopherols (soy), natural strawberry flavoring.

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children.

Gluten Free. Dairy Free.

No filler ingredients, artificial colors, flavors or preservatives.

Do not use if safety seal is broken or missing.

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