

Molecularly Distilled | Guaranteed Purity

NORDIC NATURALS®



- Healthy Pregnancy\*
- Fetal Development\*
- Healthy Immunity\*

# PRENATAL DHA

FISH GELATIN SOFT GELS

**830 mg Omega-3 + 400 I.U. D<sub>3</sub>**  
Supports brain development in babies during pregnancy and lactation\*

Superior Triglyceride Form



Dietary Supplement | 500 mg Soft Gels | 180 Count

## Supplement Facts

Serving Size: 2 Fish Gels Servings per container: 90

Amount Per Serving	% Daily Value*
Calories	10
Calories from fat	10
Total Fat	1.0 g 2%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Vitamin D3 (cholecalciferol)	400 I.U. 100%
Total Omega-3s	830 mg †
EPA (Eicosapentaenoic Acid)	205 mg †
DHA (Docosahexaenoic Acid)	480 mg †
Other Omega-3s	145 mg †

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (fish gelatin from tilapia, glycerin, water), d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil).  
No gluten, milk derivatives, or artificial colors or flavors.

Please ♻️ this container

Rev. B-01

Please recycle this container



\* 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.



Fish oil processed in Norway. Distributed from the U.S. by: NORDIC NATURALS, INC. 111 Jennings Drive, Watsonville, CA 95076 800.662.2544 nordicnaturals.com

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Research shows that healthy DHA levels in mothers during pregnancy and lactation support optimal brain and visual development in babies.\* Prenatal DHA in fish gelatin soft gels provides mood support for mothers before, during, and after pregnancy in small, easy-to-swallow soft gels.\*

The DHA requirement of a developing baby increases dramatically as pregnancy progresses and brain growth accelerates. This fatty acid is concentrated in the brain and retina where it is a critical component of cell membranes. Maternal diet and lifestyle influence the amount of omega-3s that are available to the growing baby. As the official omega-3 of the American Pregnancy Association, Nordic Naturals Prenatal DHA is an exceptionally pure and trusted source of DHA and vitamin D3.

**Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.**

**Suggested Use:** Two fish gels daily, with food, or as directed by your health care professional or pharmacist.

**Store in a cool, dry place, away from sunlight**

**Do not take if tamper-evident seal is broken or missing**

**Keep out of the reach of children**

**Nordic Naturals products are never sold under any store brand**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

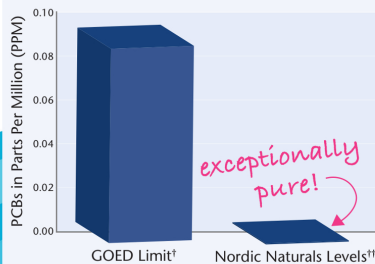
### Guaranteed Purity. Lab Certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

### Because purity = safety

Heavy metals, such as mercury, are not the only environmental contaminants found in fish. PCBs are a class of man-made organic chemicals that pose risks to human health and the environment. Despite strong restrictions, PCBs persist in the environment and are found in trace amounts across our food supply. By selectively choosing small fish naturally low in toxins, and carefully removing contaminants, Nordic Naturals delivers omega-3 oils with guaranteed purity.

### Nordic Naturals Products Surpass Strict Standards for PCBs



† Global Organization for EPA and DHA Omega-3s  
†† Based on average PCB test results



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Unflavored formula

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