

USAGE: Take 1 to 2 softgels with each meal or as directed by your qualified health care consultant. For pregnancy or lactation, take 1 to 2 softgels per day; for children, give 1 softgel per day.

NOTE: If you have a medical condition (especially seafood allergies or coagulopathy), are taking medications (especially anticoagulants), or facing surgery, consult your health care practitioner before using this product.

Max DHA® contains omega-3 fatty acids from calamari oil highly concentrated by **molecular distillation**.

Max DHA® meets international pharmaceutical standards for purity and freshness.

The predominant fatty acid in the brain, nervous system and retina of humans is DHA, an omega-3 fatty acid.* DHA is important for fetal and infantile neurological development.* DHA also helps support neurological function in seniors.*

Keep away from light and heat.
Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Jarrow FORMULAS®

Pharmaceutical Quality

Max DHA®

High Purity

Highly Concentrated Omega-3's

Especially for Brain, Retina,
Pregnancy, Lactation and Seniority*

180 Softgels
Dietary Supplement

Supplement Facts

Serving Size 2 Softgels	Servings Per Container 90	
	Amount Per Serving	% DV
Calories	10	10
Total Calamari Oil (source of Omega-3)	1200 mg	*
DHA (Docosahexaenoic Acid)	500 mg	
EPA (Eicosapentaenoic Acid)	72 mg	

* Daily Value not established.

Other Ingredients: Natural flavor, mixed tocopherols, rosemary extract and ascorbyl palmitate. Softgel consists of gelatin, glycerin, water and is colored with carob as a light barrier.

Contains: Calamari.

No wheat, no gluten, no soybeans, no dairy, no egg, no peanuts/tree nuts, no chemical solvents.



Certified as sustainable by
Friend Of The Sea®

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