

**DHA is an important Omega-3 fatty acid. This premium quality vegetarian formulation utilizes a trademarked algal oil which contains DHA.**

If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

**Carefully Manufactured for:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.**

**For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)**

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Since 1947

# NATURALLY SOURCED OMEGA-3 VEGETARIAN DHA 200 MG

GLUTEN, WHEAT & DAIRY FREE

Non-GMO

SUITABLE FOR VEGANS

50 VEGETARIAN SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Calories	5
Total Fat	0.5 g 1%*

**Docosahexaenoic Acid 200 mg \*\*  
(DHA) (from 600 mg of life'sDHA® oil  
derived from a plant based algae)**

\*Percent Daily Values (DV) are based  
on a 2,000 calorie diet

\*\*Daily Value (DV) not established

Other Ingredients: Corn Starch, Vegetable Glycerin, Carrageenan, Sunflower Oil, Sorbitol, Ascorbyl Palmitate, Mixed Tocopherols, Rosemary Extract, Sunflower Lecithin, Beta-Carotene, Caramel (color).

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetarian softgel one to two times daily, preferably with meals or as directed by a healthcare practitioner.

**FREE OF:** Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.



life'sDHA® is a trademark of DSM.



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