

Oceans Kids® DHA Chewables™ are a fun and convenient way to give your child all the benefits of Omega-3s in a **YUMMY BERRY LIME** chewable softgel.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if your child is allergic to iodine, uses blood thinners, anticipates surgery, or is under medical supervision. Small objects like pills can become inadvertently lodged in the throat. Softgels may be pierced and contents can be mixed with water, juice or food. Children should always be under adult supervision when consuming this product.

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal is broken or missing.



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Garden of Life



OCEANS Kids

DHA Chewables™

Ages 3 and Older

120 CHEWABLE SOFTGELS
OMEGA-3 DIETARY SUPPLEMENT

Suggested Use: Children three and older take 4 chewable softgels daily or as otherwise directed by your pediatrician. May be chewed or swallowed. Best if taken with meals. For optimal freshness, store in a cool, dry place and use entire contents within 3 months of opening.

Supplement Facts

Serving Size 4 Softgels
Servings Per Container 30

Amount Per Serving		% Daily Value for Children 3 Years of Age	% Daily Value Children 4 or More Years of Age
Calories	10		
Calories from Fat	10		
Total Fat	1.5 g	4%**	2%*
Vitamin A (naturally occurring)	60 mcg	20%	8%
Vitamin D (naturally occurring)	0.025 mcg	<1%	<1%
Vitamin E	7 mg	120%	50%
Omega-3 Fatty Acids	250 mg		
DHA (Docosahexaenoic Acid)	120 mg	+	+
EPA (Eicosapentaenoic Acid)	80 mg	+	+
Other Omega-3s	50 mg	+	+
ALA (Alpha Linolenic Acid)	4 mg	+	+
Omega-9 Fatty Acid (Oleic Acid)	150 mg	+	+

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

**Percent Daily Values are based on a 1,000 calorie diet.

+Daily Value not established.

Ingredients: Highly purified Norwegian cod liver oil (Gadus morhua), gelatin (bovine), vegetable glycerin, purified water, natural mixed berry flavors, proprietary antioxidant blend (consisting of rosemary leaf extract, natural tocopherols (soy) and sunflower oil), natural lime flavor.

Contains tree nuts: Coconut (from MCT).

No filler ingredients, artificial colors, flavors or preservatives.

Gluten Free. Dairy Free. Sugar Free.