



PRENATAL DHA

**600 MG DHA
120 MG EPA
OMEGA-3
PER SERVING**

Actual Fish capsule size.



GOOD FOR MOM & BABY

Prenatal DHA is specially formulated to deliver 600 mg of DHA Omega-3 per dose in two small capsules and is the first ever Marine Stewardship Council certified prenatal Omega-3 in the world. The capsules are easy to swallow, unflavored and contain the freshest Fish Oil to go easy on a pregnant mother's sensitive stomach. Fish gelatin capsules make this product suitable for those who have dietary and religious restrictions.

Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain and eye development of the foetus and breastfed infants.*

Count	60 Capsules
RRP	£22.50

* Pregnant and lactating women should target a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults.



Recommended use: As a food supplement, take 2 capsules daily with food.

Nutrition Information	Average per 2 capsules
Concentrated Fish Oil	1200 mg
Providing Omega-3 Fatty Acids of which:	780 mg
EPA (Eicosapentaenoic Acid)	120 mg
DHA (Docosahexaenoic Acid)	600 mg
Other Omega-3 Fatty Acids	60 mg

mg = milligramme

Ingredients: Concentrated Fish Oil, Capsule Shell (gelling agent: Fish Gelatin, humectant: Glycerin, Purified Water), antioxidant: tocopherol-rich extract (Natural Vitamin E).



From an MSC Certified Fishery. For more information, see page 13



Contents Tested & Certified

Formula Independently Contents Tested & Certified by NSF® International, the world's leading quality organization. For more information, see page 20



5-STAR CERTIFICATION

Every Batch tested safe from harmful contaminants: Mercury, PCBs, heavy metals, and radiation. For more information, see page 21.