

As the most abundant omega-3 fatty acid in the brain, DHA is vital for normal brain development and for maintenance of normal brain function throughout life.[†]

NO Milk, Egg, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Yeast, Corn, Artificial Colors or Flavors, Added Sugar

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. People with allergies to fish or soy should consult their healthcare professional before taking this product.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF 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.

ITEM 5406 P: 3002314 L: 2007319-15077



NATROL[®] DHA 500 Super Strength

- Nutritional Support for the Brain and Nervous System[†]
- 500 mg of DHA
- Only 1 Per Day

30 SOFTGELS
DIETARY SUPPLEMENT



Directions: Take 1 softgel, one time daily, with a meal.

Supplement Facts

Amount Per Serving	%DV
Calories	13
Calories from Fat	11
Total Fat	1 g 2%*
Polysaturated Fat	1 g 2%*
Cholesterol	6 mg 2%*

Omega-3 Fish Oil (tuna, anchovy, sardine)
DHA (Docosahexaenoic Acid) 500 mg

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

Other Ingredients: Gelatin, Glycerin, Water, EPA (Eicosapentaenoic Acid), Natural Lemon Flavor, Mixed Tocopherols (as preservative).

Contains: Fish, Soy

Manufactured for NATROL LLC
Chatsworth, CA 91311 • USA
1 800 2-NATROL (800 262-8765)
www.natrol.com
Made in Canada

U100P

Power Your Brain[†]

Helps maintain
healthy brain
function[†]

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Fish is Brain Food

DHA belongs to the omega-3 family of essential fatty acids and plays a critical role in health and well-being. Like all fats, essential fatty acids provide energy for the body; however, the functions of DHA are unique and particularly important for human survival and growth. Specifically, DHA is a fundamental compound in the structure and activity of the membranes of all cells throughout the body.[†]

As the most abundant omega-3 fatty acid in the brain, DHA is vital for normal brain development and for maintenance of normal brain function throughout life. DHA comprises over 50% of the fatty acids in the brain's gray matter and retina, suggesting that it is critical for cognitive and visual function. DHA is a vital compound of neurons in the hippocampus, the brain's seat of learning, memory and emotion.[†]

Growing evidence from scientific research shows that Omega-3 fish oil has one of the most important benefits to your health available today. Researchers are actively studying the role of DHA in the maintenance of brain and memory function, cognitive health, cellular health and eye health throughout the lifespan.[†]

- Supports a healthy brain[†]
- Supports brain cell fluidity for healthy cellular communication[†]
- Nutritional support for the brain and nervous system[†]
- Helps support eye health[†]
- Supplementation with DHA during pregnancy supports visual acuity and cognitive health in infants[†]
- With Lemon Oil

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Brain Support[†]

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Omega-3 Fish Oil 1,200 mg **
(tuna, anchovy, sardine)
DHA (Docosahexaenoic Acid) 500 mg

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerin, Water, EPA (Eicosapentaenoic Acid), Natural Lemon Flavor, Mixed Tocopherols (as preservative).

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