



# DHA Enhance

## What Is It?

DHA Enhance is an ultra-pure fish oil concentrate that provides the benefits of omega-3 essential fatty acids for children in a convenient, chewable, lemon-flavored capsule. It may be helpful for promoting healthy vision and mental function as well as supporting respiratory and immune health.\*

## Uses For DHA Enhance

**Mental and Visual Function:** Fish oil promotes healthy mental function and maturation of the central nervous system, including support for cell health and neurotransmission. Docosahexaenoic acid (DHA), an omega-3 long-chain polyunsaturated fatty acid, is a component of neuronal and retinal cellular membranes and supports healthy cognitive and visual function. A longitudinal study suggest that infants born to mothers with higher DHA status demonstrated healthy cognitive capacity at 12 and 18 months. A randomized double blind study suggested that 4 year olds born to mothers who had taken fish oil had healthy cognitive function. Several studies have also revealed a relationship between dietary omega-3 fatty acids, healthy brain function and sleep patterns.\*

**Respiratory Health:** Double blind randomized studies indicate that fish oil supplementation may promote healthy respiratory function in children. The omega-3 fatty acids EPA and DHA support respiratory health, including healthy bronchial smooth muscle function by moderating leukotriene and interleukin production.\*

**Immune Health:** Omega-3 essential fatty acids may also support immune health in children, at least in part by maintaining healthy cytokine activity at the level of gene expression.\*

## What Is The Source?

DHA Enhance contains molecularly distilled, microfiltered fish oil derived from anchovies, herring, sardines, cod,

salmon and tuna. It has been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine. It also contains natural lemon flavor, rosemary extract, ascorbyl palmitate derived from corn dextrose fermentation and natural tocopherols derived from soybean oil.

## Recommendations

Pure Encapsulations recommends 1–4 capsules per day, in divided doses, with or between meals. Capsules may be chewed or swallowed. Chewed capsules can be swallowed or expelled.

## Are There Any Potential Side Effects Or Precautions?

Fish oils may cause burping, gastrointestinal upset or indigestion, including nausea, diarrhea or abdominal bloating. It has a mild blood thinning effect and may influence glucose metabolism in some individuals, particularly at larger levels. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Fish oil may react with blood thinning medications. Consult your physician for more information.

### DHA Enhance

#### each softgel capsule contains

fish oil concentrate (anchovies, herring, sardines, cod, salmon, tuna) ...600 mg. providing (typical):  
DHA (docosahexaenoic acid).....100 mg.  
EPA (eicosapentaenoic acid).....50 mg.  
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule

**Ages 4 and up, take 1–4 capsules per day, in divided doses, with or between meals. Capsules may be chewed or swallowed. Chewed capsules can be swallowed or expelled.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.