Ultra-Pure Essential Fatty Acids

EPA/DHA with lemon

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
HEALTH BENEFITS OF FISH OIL*

**Cardiovascular Health**
Fish oil from supplements and dietary sources has been shown to provide support for healthy triglycerides and vascular relaxation. Fish oil is associated with positive effects on lipid metabolism, blood flow, platelet function, endothelial tone and homocysteine metabolism. Furthermore, in a meta-analysis of 15,000 individuals, fish oil was associated with providing overall cardiovascular benefits.*

**Musculoskeletal Support**
Numerous double-blind trials indicate that fish oil promotes joint mobility and joint comfort, in part by maintaining healthy prostaglandin, cytokine and leukotriene production. Epidemiological research suggests that fish consumption is associated with healthy bone mineralization.*

**Cognitive/Emotional Health**
Epidemiological and clinical research indicates that fish oil supports positive mood, mental function and memory. By promoting healthy neuronal cell membrane function and blood flow, fish oil facilitates oxygen and nutrient delivery to the brain. Infants and children born to mothers who had supplemented with fish oil demonstrate healthy cognitive capacity. Preliminary research also reveals that fish oil supplementation may support healthy cognitive function and behavior in children.*

**Gastrointestinal Comfort**
Fish oil has a soothing effect for the gastrointestinal tract. In a double-blind, placebo-controlled crossover trial, subjects experienced positive support for G.I. comfort. A separate 6 month trial revealed that fish oil supplementation maintained healthy immune mediator activity in the colon.*

**Skin Health**
Omega-3 fatty acids protect keratinocytes and skin fibroblasts from free radicals and immune mediators generated by sun exposure. Additionally, these essential fatty acids help promote elasticity and hydration for smoother looking skin.*

**Eye Health**
Essential fatty acids support moisture retention and eye comfort. Other studies suggest that fish oil, particularly DHA, promotes visual acuity and hydration. A 2008 study performed at Tufts University’s Human Nutrition Research Center reported that DHA supplementation supports pigment integrity and macular health.*

References available upon request

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3rd Party Tested for Purity & Potency

*Each batch of our fish oils is tested for:

**Environmental Contaminants**
- 17 dioxins and furans (ppt)
- 7 PCBs (ppt)
- 12 dioxin-like PCBs (ppt)
- Total heavy metals (ppb)
- Mercury (ppb)
- Lead (ppb)
- Arsenic (ppb)
- Cadmium (ppb)

**Oxidation and Rancidity**
- Peroxides
- Anisidines
- TOTOX value
- Acid value

**Microbial Contaminants**
- Total aerobic bacteria
- E. coli
- Salmonella
- Coliforms
- Staphylococcus
- Yeast and mold

We follow the guidelines established by the:
- Council for Responsible Nutrition (CRN)
- European Pharmacopeia (EP)
- U.S. Pharmacopeia (USP)
FISH OIL SOFTGELS

EPA/DHA essentials
*Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support

each softgel capsule contains 20 sg
 calories .................................................................................. 10
 calories from fat ................................................................ 10
 total fat ........................................................................... 1 g
 cholesterol ........................................................................... <5 mg
 fish oil concentrate (from anchovies, sardines, mackerel) .............................................. 1,000 mg
 providing:
 EPA (eicosapentaenoic acid) ........................................................................ 300 mg
 DHA (docosahexaenoic acid) ............................................................................... 200 mg
 other ingredients: natural tocopherols, gelatin capsule (gelatin, glycerin, water)

2 capsules daily, in divided doses, with meals.

EPA/DHA essentials

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
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</thead>
<tbody>
<tr>
<td>180</td>
<td>ED11</td>
</tr>
<tr>
<td>90</td>
<td>ED19</td>
</tr>
</tbody>
</table>

EPA/DHA with lemon
*Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support

each softgel capsule contains 20 sg
 calories .................................................................................. 10
 calories from fat ................................................................ 10
 total fat ........................................................................... 1 g
 fish oil concentrate (from anchovies, herring, sardines) .............................................. 900 mg
 providing:
 EPA (eicosapentaenoic acid) ........................................................................ 300 mg
 DHA (docosahexaenoic acid) ............................................................................... 200 mg
 other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule (gelatin, glycerin, water)

2 capsules daily, in divided doses, with meals.

EPA/DHA with lemon

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td>120</td>
<td>EDC1</td>
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<tr>
<td>60</td>
<td>EDC6</td>
</tr>
</tbody>
</table>

EPA/DHA-CoQ10
*Ultra-pure, molecularly distilled fish oil concentrate combined with 50 mg CoQ10 for enhanced heart health

each softgel capsule contains 20 sg
 calories .................................................................................. 10
 calories from fat ................................................................ 10
 total fat ........................................................................... 1 g
 cholesterol ........................................................................... 5 mg
 fish oil concentrate (from anchovies, sardines, mackerel) .............................................. 900 mg
 providing:
 EPA (eicosapentaenoic acid) ........................................................................ 270 mg
 DHA (docosahexaenoic acid) ............................................................................... 180 mg
 coenzyme Q10 ........................................................................... 50 mg
 other ingredients: beeswax, natural tocopherols, sunflower lecithin, gelatin capsule (gelatin, glycerin, water, carob)

1 or more capsules daily, with meals.

EPA/DHA-CoQ10

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td>120</td>
<td>EDQ1</td>
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</tbody>
</table>

EPA/DHA-Glucosamine
*Ultra-pure, molecularly distilled fish oil concentrate combined with glucosamine, boswellia and curcumin for comprehensive joint health

four softgel capsules contain 20 sg
 calories .................................................................................. 15
 calories from fat ................................................................ 15
 total fat ........................................................................... 1.5 g
 cholesterol ........................................................................... 10 mg
 vitamin E (as d-alpha-tocopherol) ........................................................................... 40 iu
 fish oil concentrate (from anchovies, sardines) .............................................. 1,500 mg
 providing:
 EPA (eicosapentaenoic acid) ........................................................................ 450 mg
 DHA (docosahexaenoic acid) ............................................................................... 300 mg
 glucosamine sulfate 2KCI (from crab, shrimp) (sodium free) ........................................... 1,500 mg
 Indian frankincense (boswellia serrata) extract (gum resin) ........................................... 100 mg
 (standardized to contain 70% boswellic acids)
 turmeric (curcuma longa) extract (root) ........................................................................... 100 mg
 (standardized to contain 95% curcuminoids)
 other ingredients: beeswax, sunflower lecithin, gelatin capsule (gelatin, glycerin, water, carob)

Contains fish, shellfish

Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product.

4 capsules daily, in divided doses, with or between meals.

EPA/DHA-Glucosamine

<table>
<thead>
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<th>Quantity</th>
<th>Order Code</th>
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</thead>
<tbody>
<tr>
<td>240</td>
<td>EDG2</td>
</tr>
<tr>
<td>120</td>
<td>EDG1</td>
</tr>
</tbody>
</table>

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FISH OIL SOFTGELS

Eco-Friendly, Supercritical CO₂ Extracted Fish Oil Concentrates

- Next-generation fish oils produced using advanced “green technology”
- Smaller capsule sizes
- Solvent-free, supercritical CO₂ based extraction
- 75% less carbon emissions than other methods of fatty acid extraction and purification
- High EPA and DHA concentrates for advanced support*
- Low temperature, oxygen-free processing prevents oxidation reactions
- Stringent purity guidelines established by the CRN and WHO are followed

The result is an omega-3 fish oil of exceptional purity and stability with unique, highly concentrated EPA and DHA fractions.

EPA Ultimate
*Eco-friendly, supercritical CO₂ extracted, high EPA fish oil concentrate

two softgel capsules contain 11 sg

<table>
<thead>
<tr>
<th>EPA Ultimate</th>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td></td>
<td>120</td>
<td>EPU1</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>EPU6</td>
</tr>
</tbody>
</table>

calories:.........................................................................................................................10
- calories from fat........................................................................................................10
- total fat.........................................................................................................................1 g

Providing:
- EPA (eicosapentaenoic acid)....................................................................................798 mg
- DHA (docosahexaenoic acid)...................................................................................266 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water)

2 capsules daily, with meals.

DHA Ultimate
*Eco-friendly, supercritical CO₂ extracted, high DHA fish oil concentrate

two softgel capsules contain 11 sg

<table>
<thead>
<tr>
<th>DHA Ultimate</th>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>120</td>
<td>DHU1</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>DHU6</td>
</tr>
</tbody>
</table>

calories:.........................................................................................................................10
- calories from fat........................................................................................................10
- total fat.........................................................................................................................1 g

Providing:
- DHA (docosahexaenoic acid)....................................................................................725 mg
- EPA (eicosapentaenoic acid)....................................................................................200 mg

Other ingredients: fish (tilapia), gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols, rosemary extract (leaf)

2 capsules daily, with meals.
DHA Enhance

- Ultra-pure, molecularly distilled, triglyceride-form fish oil
- Provides a 2:1 ratio of DHA to EPA for healthy cognitive function*
- Capsules may be chewed or swallowed
- For children ages 4 and up
- Natural lemon flavor

Each softgel capsule contains 10 sg
- Calories: 5
- Calories from fat: 5
- Total fat: 0.5 g
- Fish oil concentrate (from anchovies, herring, sardines, cod, salmon, tuna): 600 mg
- 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 (gelatin, glycerin, water)

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

<table>
<thead>
<tr>
<th>DHA Enhance</th>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td></td>
<td>180</td>
<td>DHE1</td>
</tr>
<tr>
<td></td>
<td>90</td>
<td>DHE9</td>
</tr>
</tbody>
</table>

Tri-EFA

*Ultra-pure, molecularly distilled fish oil concentrate combined with flax and borage seed oils for joint and skin health

Each softgel capsule contains 22 sg
- Calories: 10
- Calories from fat: 10
- Total fat: 1 g
- Vitamin E (as d-alpha tocopherol succinate): 5 iu
- Flax (Linum usitatissimum) oil (seed): 400 mg
- Borage (Borago officinalis) oil (seed): 400 mg
- Fish oil (from anchovies, sardines) (50% omega-3 essential fatty acids): 400 mg
- These oils typically provide:
  - Alpha linolenic acid (ALA): 210 mg
  - EPA: 120 mg
  - DHA: 80 mg
  - Gamma linolenic acid (GLA): 80 mg
- Other ingredients: gelatin capsule (gelatin, glycerin, water)

2–8 capsules daily, in divided doses, with meals.

<table>
<thead>
<tr>
<th>Tri-EFA</th>
<th>Quantity</th>
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<tbody>
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<td>TR2</td>
</tr>
<tr>
<td></td>
<td>120</td>
<td>TR1</td>
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EFA Essentials

*Triglyceride-form fish oil and borage oil blend for joint, skin and eye health

Extensive clinical research has indicated that essential fatty acids support the health of joints, skin and eyes. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow. The importance of GLA has been underscored by clinical studies with favorable musculoskeletal and dermatologic outcomes. While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1. Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints, keratinocytes of the skin, and epithelial cells of the eye. EPA, DHA and GLA support joint health by maintaining healthy cytokine activity and matrix protease expression. GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery. Clinical research has indicated important roles of fish oil and GLA-rich oils in maintaining moisture retention in the epithelia of the eyes. Large studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normally functioning eyes. GLA provides additional support for ocular health by maintaining mucin production and healthy tear film characteristics.

EFA Essentials combines an ultra-pure, molecularly distilled triglyceride fish oil with cold-pressed borage oil to support joint, skin and eye health.

Four softgel capsules contain 20 sg
- Calories: 40
- Calories from fat: 40
- Total fat: 4 g
- Fish oil concentrate (from anchovies, sardines): 3,828 mg
- Providing:
  - EPA (eicosapentaenoic acid): 1,140 mg
  - DHA (docosahexaenoic acid): 860 mg
  - Other omega-3 fatty acids: 260 mg
- Borage oil (seed) (cold-pressed): 600 mg
- Providing:
  - Gamma-linolenic acid (GLA): 100 mg
- Other ingredients: natural lemon flavor, proprietary natural antioxidant blend, gelatin capsule (gelatin, glycerin, water)

2–4 capsules daily.

<table>
<thead>
<tr>
<th>EFA Essentials</th>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
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<td>EFA1</td>
</tr>
</tbody>
</table>

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FISH OIL LIQUIDS

EPA/DHA-CoQ\textsubscript{10} liquid (orange flavor)
*Ultra-pure, molecularly distilled, orange-flavored fish oil liquid combined with 100 mg CoQ\textsubscript{10} for enhanced cardiovascular support

each teaspoon (5 ml/0.18 fl oz) provides

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>calories from fat</td>
<td>40</td>
</tr>
<tr>
<td>saturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>polyunsaturated fat</td>
<td>2 g</td>
</tr>
<tr>
<td>monounsaturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>cholesterol</td>
<td>15 mg</td>
</tr>
<tr>
<td>fish oil concentrate (from anchovies, sardines)</td>
<td>4,295 mg</td>
</tr>
</tbody>
</table>

providing (typical):

- EPA (eicosapentaenoic acid) 611–859 mg
- DHA (docosahexaenoic acid) 429–644 mg
- coenzyme Q\textsubscript{10} providing (typical): 100 mg

other ingredients: natural orange and citrus flavors, proprietary antioxidant blend (natural vitamin E, rosemary extract and ascorbyl palmitate)

serving size: 5 ml (0.18 fl oz)
servings per container: 40

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated. Contents may precipitate; shake well.

1-3 teaspoons daily, with meals.

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EPA/DHA-CoQ\textsubscript{10} liquid (orange flavor)

<table>
<thead>
<tr>
<th>Product</th>
<th>Quantity</th>
<th>Order Code</th>
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</thead>
<tbody>
<tr>
<td>200 ml</td>
<td>EDO2</td>
<td></td>
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</table>

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EPA/DHA liquid (lemon flavor)

*Ultra-pure, molecularly distilled, lemon-flavored fish oil liquid

each teaspoon (5 ml/0.18 fl oz) provides

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>calories from fat</td>
<td>40</td>
</tr>
<tr>
<td>total fat</td>
<td>4.5 g</td>
</tr>
<tr>
<td>saturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>polyunsaturated fat</td>
<td>2 g</td>
</tr>
<tr>
<td>monounsaturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>cholesterol</td>
<td>15 mg</td>
</tr>
<tr>
<td>fish oil concentrate (from anchovies, sardines)</td>
<td>4,600 mg</td>
</tr>
</tbody>
</table>

providing (typical):

- EPA (eicosapentaenoic acid) 740–825 mg
- DHA (docosahexaenoic acid) 460–550 mg

other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

serving size: 5 ml (0.18 fl oz)
servings per container: 40

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Ages 4 to 11, take 1/2 teaspoon daily, with or between meals.

Ages 12 and up, take 1 or more teaspoons daily, with or between meals.

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<table>
<thead>
<tr>
<th>Product</th>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 ml</td>
<td>EDL2</td>
<td></td>
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</tbody>
</table>
EPA/DHA liquid enhanced (orange flavor)

*Ultra-pure, molecularly distilled, high concentration triglyceride-form fish oil

- Omega-3 essential fatty acids support healthy cellular membrane function, cardiovascular function, cytokine balance, cognitive and neuronal health, mood and emotional well-being, and healthy skin*
- Great-tasting, odorless fish oil

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EPA/DHA liquid enhanced offers high concentration triglyceride-form omega-3 essential fatty acids in a great-tasting liquid form.

each teaspoon (5 ml/0.18 fl oz) contains

calories.................................................................40
  calories from fat....................................................40
  total fat..............................................................4,5 g
    monounsaturated fat..........................................1 g
    saturated fat...................................................0,5 g
    polyunsaturated fat..........................................3 g
  cholesterol.......................................................20 mg
  vitamin E (as d-alpha tocopherol)..........................2 iu
  fish oil concentrate (from anchovies, herring, mackerel)........................................4,580 mg
  providing (typical):
    EPA (eicosapentaenoic acid) ................................1,375 mg
    DHA (docosahexaenoic acid) ..............................915 mg
  other ingredients: natural orange flavor, natural mixed tocopherols

serving size: 5 ml (0.18 fl oz)

servings per container: 40

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

1 or more teaspoons daily, with or between meals.

<table>
<thead>
<tr>
<th>EPA/DHA liquid enhanced</th>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 ml (7 fl oz)</td>
<td>EDLE2</td>
<td></td>
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</tbody>
</table>

Cod Liver Oil (lemon flavor)

*Ultra-pure, molecularly distilled genuine Norwegian cod liver oil with naturally occurring vitamin A & D

Pure Encapsulations Norwegian, cold-processed cod liver oil is a natural source of vitamin A, vitamin D and essential omega-3 fatty acids. It has been molecularly distilled and tested for heavy metals, pesticides, PCBs, dioxins and furans, and other contaminants. Cod liver oil has a long history of traditional use for supporting immune health, primarily attributed to vitamins A and D. The essential fatty acids EPA and DHA maintain a healthy cyclooxygenase and lipooxygenase enzyme activity, providing support for joint comfort and mobility. In addition, they encourage cardiovascular health by promoting healthy blood flow and healthy triglyceride metabolism. Furthermore, recent research has revealed an association between cod liver oil supplementation and positive mood.

Cod Liver Oil (lemon flavor) provides essential omega-3 fatty acids along with natural vitamin A and D for immune, joint, cardiovascular and emotional health.

each teaspoon (5 ml/0.18 fl oz) provides

calories.................................................................40
  calories from fat....................................................40
  total fat..............................................................4,5 g
    saturated fat...................................................0,5 g
    polyunsaturated fat..........................................1,5 g
    monounsaturated fat..........................................2,5 g
  cholesterol.......................................................15 mg
  vitamin A (naturally occurring)............................1,800 iu
  vitamin D (naturally occurring)..............................180 iu
  fish liver oil concentrate (cod)................................4,615 mg
  providing (typical):
    EPA (eicosapentaenoic acid) ..............................320–510 mg
    DHA (docosahexaenoic acid) ...............................460–640 mg
  other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

serving size: 5 ml (0.18 fl oz)

servings per container: 40

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated. Contents may precipitate; shake well.

1 or more teaspoons daily, with or between meals.

<table>
<thead>
<tr>
<th>Cod Liver Oil (lemon flavor)</th>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 ml (7 fl oz)</td>
<td>CLO2</td>
<td></td>
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</tbody>
</table>
VEGETARIAN ESSENTIAL FATTY ACIDS

EPA/DHA Vegetarian

*Algae-derived EPA and DHA

This formula provides the first vegetarian derived EPA and DHA in a vegetarian, liquid-filled Caplique® Capsule. Both omega-3 essential fatty acids are sourced from algae. Essential fatty acids promote healthy arachidonic acid metabolism. Decades of research indicate higher plasma levels of EPA and DHA are associated with cardiovascular health, platelet function, joint comfort, memory and skin health.*

Caplique® Capsule is a registered trademark used by Pure Encapsulations under license.

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

two Caplique® Capsules contain

<p>| | | | | |</p>
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<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>calories</td>
<td>0</td>
<td></td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>calories from fat</td>
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<td></td>
<td>10</td>
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<tr>
<td>total fat</td>
<td>1</td>
<td></td>
<td></td>
<td>1 g</td>
</tr>
<tr>
<td>EPA (eicosapentaenoic acid)</td>
<td>155 mg</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>DHA (docosahexaenoic acid)</td>
<td>310 mg</td>
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</tbody>
</table>
| other ingredients: algal oil, high oleic sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica, vegetarian Caplique® Capsule (cellulose, water)

1-2 Caplique® Capsules daily, with meals

<table>
<thead>
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<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td>120</td>
<td>EDV1</td>
</tr>
<tr>
<td>60</td>
<td>EDV6</td>
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DHA liquid

*Vegetarian DHA liquid for children and adults

is a trademark of Martek Biosciences Corporation.

one ml (0.03 fl oz) provides

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<tr>
<td>calories</td>
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<tr>
<td>calories from fat</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>total fat</td>
<td>1 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DHA (docosahexaenoic acid)</td>
<td>280 mg</td>
<td></td>
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<td></td>
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</tbody>
</table>
| other ingredients: natural fruit and vanilla flavors, mixed tocopherols, sunflower lecithin, proprietary antioxidant blend

serving size: 1 ml (0.03 fl oz)

serving per container: 30

1/2-1 dropper daily, with a meal.

<table>
<thead>
<tr>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>30 ml</td>
<td>DHAL</td>
</tr>
<tr>
<td>(1 fl oz)</td>
<td></td>
</tr>
</tbody>
</table>
**Neuromins™ 200 mg**

**Vegetarian Softgels**

*vegetarian-sourced DHA (docosahexaenoic acid)*

*DHA for healthy neural and visual development*

Docosahexaenoic acid (DHA), an omega-3 long chain polyunsaturated fatty acid, is the building block of brain tissue. It is the primary structural fatty acid in the gray matter of the brain and retina of the eye. DHA is an essential nutrient for eye development and for mental and visual function. Humans obtain DHA from their diets, initially through the placenta and from breast milk. DHA is commonly added to infant formula in Japan and Europe. Clinical trials of supplementation with Neuromins™ in healthy vegetarians have shown an increase in serum DHA and EPA levels.

*Neuromins™ is a trademark of Martek Biosciences Corporation.*

<table>
<thead>
<tr>
<th>Quantity</th>
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<tbody>
<tr>
<td>120</td>
<td>DHAV21</td>
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<tr>
<td>60</td>
<td>DHAV26</td>
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</table>

Each softgel capsule contains:

- 10 mg calories
- 5 calories from fat
- 0.5 g total fat
- 200 mg DHA (docosahexaenoic acid)

Other ingredients: algal oil, modified corn starch, glycerin, high oleic sunflower oil, water, carrageenan, sorbitol, ascorbyl palmitate and tocopherols (antioxidants), natural flavor, sunflower lecithin, beta-carotene and caramel (coloring).

This high potency formula is recommended for pregnant and lactating women.

1 capsule daily, with a meal.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
Krill-plex

*Unique source of omega-3 fatty acids, phospholipids and antioxidants; for menstrual comfort, heart health, joint support, cognitive function and skin health*

Krill oil is unique in that it offers a naturally occurring complex of omega-3 and omega-6 fatty acids, phospholipids and astaxanthin. This phospholipid-fatty acid molecule closely resembles that of human brain phospholipids, providing potential support for cognitive function. The essential fatty acids in krill oil may also mediate hormone, prostaglandin, and neurotransmitter function to support menstruating women. A double-blind, randomized clinical trial suggested that krill oil promoted physical and emotional well being during the menstrual cycles of women volunteers. Krill oil also provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function. A prospective phase II randomized, double-blind, clinical trial suggested that krill oil supports healthy lipid, triglyceride and glucose metabolism. A prospective controlled pilot clinical trial reported that krill oil supplementation helped promote joint flexibility and comfort. In addition, a randomized, controlled pre-clinical trial investigated the effects of krill oil on skin health and reported that it supports the body's natural defenses against the sun and environment.

Krill oil naturally contains a highly bioavailable essential fatty acid-phospholipid complex and antioxidants, providing optimal support for menstrual comfort, cardiovascular function and cognitive, joint and skin health.

The krill oil in Krill-plex is NKO™, which is a registered trademark of Neptune Technologies & Bioresources, Inc.

two softgel capsules contain 12 sg

<table>
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<tr>
<th>Content</th>
<th>Quantity</th>
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<tr>
<td>calories</td>
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<tr>
<td>calories from fat</td>
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<tr>
<td>total fat</td>
<td>1 g</td>
<td>1 g</td>
</tr>
<tr>
<td>krill oil (from shellfish)</td>
<td>1000 mg</td>
<td>1000 mg</td>
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<tr>
<td>providing:</td>
<td></td>
<td>1000 mg</td>
</tr>
<tr>
<td>omega-3 fatty acids</td>
<td>240 mg</td>
<td>240 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>120 mg</td>
<td>120 mg</td>
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<tr>
<td>DHA</td>
<td>70 mg</td>
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<tr>
<td>phospholipids</td>
<td>400 mg</td>
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<tr>
<td>astaxanthin</td>
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*other ingredients: gelatin capsule (gelatin, glycerin, water, sorbitol, ethyl vanillin)*

Contains shellfish

2 softgels daily with breakfast for one month and one softgel thereafter or as directed by a health professional.
UltraKrill+D

Liquid-filled Caplique® Capsule

*Nitrogen-preserved, odorless krill oil blend with vitamin D₃

UltraKrill+D provides a powerful, activated omega-3 blend with the following key distinctions:

- EPA/DHA bound to phospholipids
- EPA/DHA bound to triglycerides
- 588 mg phospholipids per serving
- 2.1 mg astaxanthin per serving for enhanced omega-3 stability
- 1,000 iu Vitamin D₃
- Odorless, nitrogen-preserved Caplique® Capsules

EPA and DHA bound to phospholipids, as found naturally in krill, allows for increased bioavailability of EPA and DHA. Phospholipids provide enhanced transport of fatty acids into cells. This efficiency means less EPA and DHA are required per serving to provide omega-3 health benefits. UltraKrill+D provides 588 mg phospholipids, 210 mg EPA and 126 mg DHA per serving.

UltraKrill+D krill oil blend is obtained from a sustainable and eco-friendly supply chain aimed to maintain the conservation of marine living resources by sourcing its Krill biomass only from CCAMLR Member monitored vessels and facilities.

CCAMLR is the Commission for the Conservation of Antarctic Marine Living Resources and the only internationally-recognized body, whose member states monitor Antarctic-krill harvesting to ensure a healthy eco-system in that region.

Caplique® Capsule is a registered trademark used by Pure Encapsulations under license.

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

two Caplique® Capsules contain

<table>
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<tr>
<th>Calorie Information</th>
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<tr>
<td>Calories from fat</td>
<td>15</td>
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<tr>
<td>Total fat</td>
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</tr>
<tr>
<td>Vitamin D (as cholecalciferol(D₃))</td>
<td>1,000 iu</td>
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<tr>
<td>Krill oil blend (shellfish/fish oil blend)</td>
<td>1,400 mg</td>
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</table>

Providing:

- Omega-3 fatty acids | 420 mg |
- EPA | 210 mg |
- DHA | 126 mg |
- Phospholipids | 588 mg |
- Astaxanthin | 2.1 mg |

Other ingredients: fish gelatin Caplique® Capsule (gelatin, glycerin, water)

Contains fish (sardines, tilapia, anchovies), shellfish

2 Caplique® Capsules daily, with a meal.

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<th>Quantity</th>
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<tr>
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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.