The Foundation for a Healthy Pregnancy



woman's demand for DHA increases during pregnancy. The Omega-3 fatty acid, DHA, is essential for the proper development of infants and children, and offers mood and nerve support for mothers.* Derived from purified fish oil, Nordic Naturals Prenatal DHA is a convenient and effective way to ensure that mothers and their growing babies get enough of this vital nutrient every day. Research shows that mothers who supplement their diet with DHA are more likely to give birth to full-term babies with healthier birth weights¹.*

Surpassing all international standards for purity, freshness, and concentration, Nordic Naturals Prenatal DHA provides the benefits of Omega-3 fatty acids without the risk of toxicity. Ideal for pregnant and nursing mothers, these unflavored soft gels are half the size of standard soft gels, and are perfect for even the most sensitive palate.

1. Allen KG, et al. Exp Biol Med 2001;226(6):498–506. Olafsdottir AS, et al. BJOG 2005 Apr;111:424–429.





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