

American  Pregnancy  
ASSOCIATION

# PRENATAL DHA



NORDIC   
NATURALS  
*Pure and Great Tasting Omega Oils*



*Nordic Naturals is the official  
omega-3 fish oil of the  
American Pregnancy Association*

The omega-3 DHA is an essential nutrient for pregnant and lactating women. Unfortunately, the U.S. food supply is vastly deficient in this crucial nutrient, and pregnant women in the U.S. have among the lowest levels of DHA in the world<sup>6</sup>. Nordic Naturals fish oil is the most trusted source of DHA, with no risk of toxicity.

A woman's demand for DHA increases during pregnancy. Research shows that DHA rapidly accumulates during the last trimester of pregnancy (*beginning around week 26*), and continues for the first two years of life.<sup>1</sup> After delivery, a mother's level of DHA can remain low as breast-feeding transfers her stores of DHA to the breast milk for the continued development of her baby's delicate systems. Multiple pregnancies, especially those that are close together, also deplete the mother's store of essential omega-3s<sup>2</sup>.



## MOMS WHO TAKE FISH OIL...

- are more likely to give birth to full term babies, and their babies are more likely to have healthier birth weights<sup>3,4</sup>.\*
- are more likely to maintain healthy moods<sup>5</sup>.\*
- can positively influence the brain, eye, and nervous system development of the child.\*



*Nordic Naturals' multi-patented technologies remove environmental toxins without chemicals or excessive heat to deliver fish oils that exceed International Pharmaceutical quality standards, and are at least 750 times purer than fish.*

## THE SAFE FOUNDATION FOR A HEALTHY PREGNANCY

The omega-3 DHA is an “essential” fatty acid that the body cannot produce and must be consumed through diet or supplementation. The baby must get its DHA from its mother, and mom must get it by increasing the omega-3s in her daily diet or from daily supplementation<sup>7</sup>.

International recommendations suggest that pregnant and nursing women consume 300-600mg of DHA every day to ensure that moms remain healthy during and after pregnancy, and that their babies have every opportunity for healthy development<sup>8</sup>.\*

Fish is the best food source of DHA, but due to concerns about toxins like mercury, Nordic Naturals Prenatal DHA is the safest, most trusted source of DHA, with no risk of toxicity.

In response to concerns in medical and scientific literature about the prevalence of vitamin D<sub>3</sub> deficiency in the United States, and to recommendations that higher intakes of vitamin D<sub>3</sub> are necessary, we've added 400 I.U. vitamin D<sub>3</sub> to Prenatal DHA.

## PRENATAL DHA

*The official fish oil of the  
American Pregnancy Association*

- Promotes proper development of the brain, eyes, and nervous system\*
- Provides mood and nerve support for mothers\*
- Supports healthy immune system development\*
- Surpasses all international standards for purity, freshness, and concentration
- With added natural vitamin D<sub>3</sub> for further support for both baby and mom
- Easy to swallow and unflavored soft gels for the sensitive palate of pregnant women

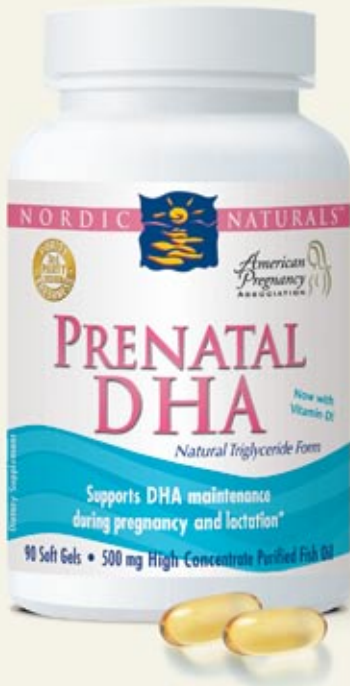
**READ THE FACTS TO KNOW  
HOW MUCH YOU'RE GETTING**

<b>Supplement Facts</b>		
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>45</b>
Amount Per Serving	% Daily Value*	
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	400 I.U.	100%
Vitamin E (d-alpha tocopherol)	15 I.U.	50%
Omega-3s	Weight‡	Volume %
EPA (Eicosapentaenoic Acid)	90 mg	10%
<b>DHA (Docosahexaenoic Acid)</b>	<b>450 mg</b>	<b>50%</b>
Other Omega-3s	40 mg	5%
Total Omega-3s	580 mg	65%
Oleic Acid (Omega-9)	24 mg	3%

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established. ‡ Natural Triglycerides  
 Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol, vitamin D3 (cholecalciferol in sesame oil), rosemary extract.

*Fulfills the international recommendations  
(300–600 mg) of daily DHA intake*



# THE NORDIC NATURALS DIFFERENCE

## UNPARALLELED FRESHNESS:

- Our fish oil is manufactured in a 100% oxygen-free environment to preserve its unique freshness.

## EXCEPTIONAL PURITY:

- Molecular distillation removes any potential impurities down to the parts-per-trillion level. Certificates of analysis are available upon request.
- Our fish oils surpass all national and international standards for purity and freshness.
- All Nordic Naturals products are third-party tested for freshness and purity.

## UNSURPASSED QUALITY:

- Our fish oils are manufactured from the highest quality raw material, and contain the triglyceride form of EPA+DHA for optimized absorption.
- Nordic Naturals products are used and recommended by leading doctors and research institutions around the world.

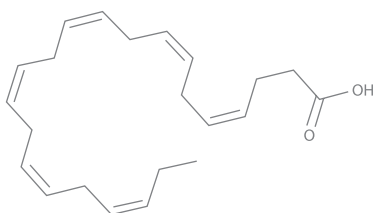
## SUSTAINABLE FISHING:

- 100% of our fish is sourced in accordance with the Norwegian fisheries management system, which has been a model for the sustainable harvest of marine life for over 30 years.
- 100% of our fish is utilized for human or animal consumption.

Sustainable Fish Oil: [planetnordic.com](https://planetnordic.com) ▶

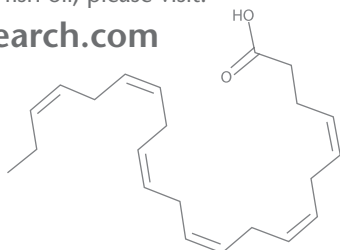


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For more research on fish oil, please visit:

**[omega-research.com](http://omega-research.com)**




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