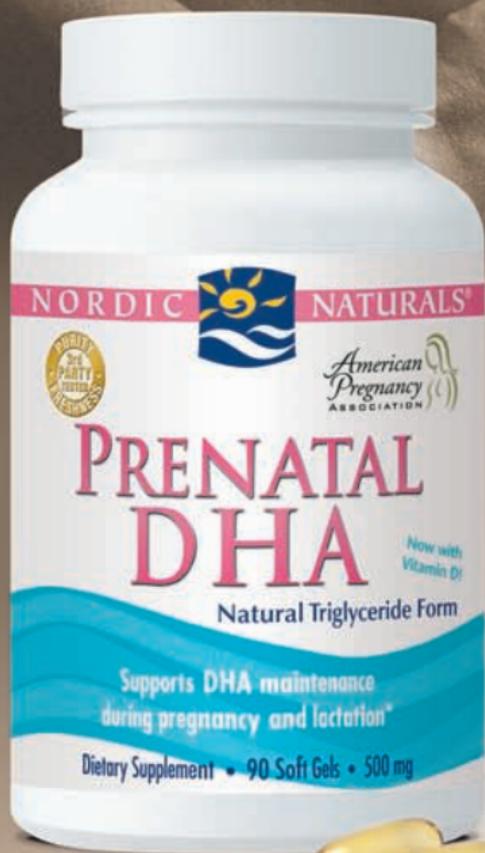


American  Pregnancy
ASSOCIATION

PRENATAL DHA



NORDIC[®] 
NATURALS



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

The omega-3 DHA (docosahexaenoic acid) is an essential nutrient for mothers and babies, both during pregnancy and for many months following birth. DHA is needed for the rapidly developing brain and eyes in prenatal and newborn children. In mothers, it provides mood and nervous system support.* Unfortunately, the typical diet is vastly deficient in this crucial nutrient, and pregnant women in the U.S. have among the lowest levels of DHA in the world.¹

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.² 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.³

OMEGA-3 FISH OIL...

- Supports a healthy pregnancy^{4,5*}
- Supports mood and well-being in mothers^{6*}
- Supports brain and visual function in infants and children*





Nordic Naturals' multi-patented technologies remove environmental toxins without chemicals or excessive heat to deliver fish oils that surpass the strictest international standards, and are at least 750 times purer than fish.

YOUR 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 DHA from its mother, and mom must get it by increasing the omega-3s in her daily diet or from daily supplementation.⁷

International recommendations suggest that pregnant and nursing women consume 300–600 mg of DHA every day to ensure that moms remain healthy during and after pregnancy and that their babies have every opportunity for healthy development.^{8*}

Fish is the best dietary source of DHA, but it raises concerns about toxins like mercury. Nordic Naturals Prenatal DHA is a safe and trusted source of DHA, with no risk of toxicity.

In response to concerns in medical and scientific communities about the prevalence of vitamin D deficiency in the United States, and to recommendations that higher intakes of vitamin D are necessary, we've added 400 I.U. vitamin D₃ to Prenatal DHA.

PRENATAL DHA

*The official fish oil of the
American Pregnancy Association*

- Supports brain and visual function*
- Provides mood and nerve support for mothers*
- Supports a healthy nervous system*
- Surpasses all international standards for purity, freshness, and concentration
- With added natural vitamin D₃ for further support for both baby and mom
- Easy-to-swallow, unflavored soft gels for the sensitive palates of pregnant women

READ THE FACTS TO KNOW HOW MUCH YOU'RE GETTING

Supplement Facts		
Serving Size: 2 Soft Gels		
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%
Total Omega-3s	580 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	40 mg	†
Oleic Acid (Omega-9)	24 mg	†

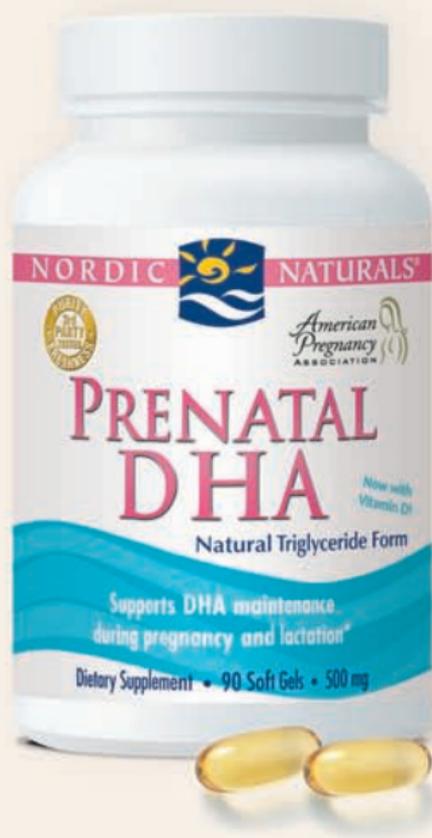
* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

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

May have been manufactured on the same processing line as products containing soy derivatives.

No gluten, milk derivatives, or artificial colors or flavors.

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



THE NORDIC NATURALS ADVANTAGE

PROVEN PURITY

All our oils surpass strict international standards for purity and freshness

EXCEPTIONAL FRESHNESS

Oxygen-free, proprietary processing for exceptional freshness from boat to bottle

GREAT TASTE

Leading freshness and 100% natural flavoring ensure no fishy smell, taste, or aftertaste

TRIGLYCERIDE FORM

Triglyceride form for up to 70% better absorption than ethyl ester omegas⁹

BACKED BY SCIENCE

Driving more original research than any other brand

RESPONSIBLE DOSING

An effective, expert-recommended daily dose of at least 500 mg EPA+DHA

SUSTAINABLE PRACTICES

100% of our fish is wild caught, sourced in line with the Norwegian fisheries management system, and processed with minimal environmental impact

INDEPENDENT TESTING

Independent labs test our oils for heavy metals, dioxins, and PCBs to guarantee purity, freshness, and quality in every batch. Request a certificate of analysis, and compare

Sustainable Fish Oil: planetnordic.com ▶



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