INGREDIENTS
Purely Prenatal DHA supplies highly concentrated omega-3 DHA (Docosahexaenoic Acid), prepared from sustainably cultured algae (Schizochytrium sp.). DHA is the most clinically proven of all the omega-3 fatty acid nutrients, and experts agree that it is an essential nutrient from conception through old age.1 Human metabolic capacity to make DHA is very limited,2,3 and thus the bulk of our DHA must come from the diet. Since algae make DHA, this algal source is especially suitable for vegetarians.

DHA's fundamental importance for health is primarily as a building block for the cell membrane systems that drive life's most important processes.4,5,6 Such membranes are present in all known cells, and are thin molecular sheets that house the majority of the enzymes and other proteins which power metabolism.3,6 DHA is typically present in membranes, and has a fluidizing effect that allows the proteins molecular mobility to carry out their dynamic activities.4,5 DHA levels in the blood or in the membranes of the circulating red blood cells generally reflect its levels in the other tissues.6 By these measures, higher DHA status correlates with good health.*

BENEFITS
- Purely Prenatal DHA from Algae may help support early brain and eye development*
- Purely Prenatal DHA may help support maternal and fetal health*
- Purely Prenatal DHA may help support cardiovascular and cognitive functions*
- Non-GMO, Soy Free, Gluten Free, Vegan

EXTENDED BENEFITS
Purely Prenatal DHA may help support early brain and eye development*

DHA helps regulate genes that control the emergence of the fetal brain in the first trimester of pregnancy.7 By the third trimester DHA is being rapidly concentrated in the retinal and brain cells (EPA is virtually absent).2,8 These cells especially need DHA since their membrane systems are the most fluid and the proteins typically operate at ultrafast speeds.4,5 Higher maternal DHA status during pregnancy is linked to many positive health effects like better vision, better attention, faster processing speed, and higher cognitive function.*

The brain's intensive DHA buildup continues until birth and for many years after birth.6,8 This helps explain why infants born preterm have low brain DHA compared to full term infants. For full term as well as preterm infants, clinical studies have linked adequate DHA intake after birth to healthy vision, cognitive functions, mood, and behavior control.7,8,9,10

Purely Prenatal DHA may help support maternal and fetal health*

In utero, DHA accumulation happens primarily during the last trimester of pregnancy, when maternal levels are high and growth and brain development are accelerated. Since DHA cannot be synthesized de novo, the developing fetus is dependent on the maternal source.11,12,13 Because most Westernized diets provide low levels of DHA, pregnant women do not generally meet the consensus recommendation for DHA (≥ 200 mg/day).14,15 One of the safest source is from an algae-based, vegetable-like oil that contains very high level of DHA. This algal source is especially suitable for vegetarians.16 Based on multiple scientific studies, maternal intake of supplement DHA during pregnancy and lactation has been found to positively impact maternal, fetal, infant, and child health.9,17,18

Purely Prenatal DHA may help support cardiovascular and cognitive functions*

DHA has recently gained enormous attention because of several clinical studies that revealed its beneficial effects on cardiovascular system and also on cognitive function and optimal brain health.*19,20,21,22,23,24,25 Numerous studies indicate DHA status is closely linked with memory and other brain functions across the lifespan. Supplementation in childhood

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 veggie softgels</th>
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<tbody>
<tr>
<td>Servings per container</td>
<td>60 servings</td>
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<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value</th>
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<tr>
<td>DHA (Docosahexaenoic Acid, Omega-3) 400 mg</td>
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† Daily Value not established.

**Other Ingredients:** Modified corn starch, glycerin, high-oleic sunflower oil, purified water, carrageenan (softgel), sorbitol, ascorbyl palmitate (antioxidant), tocopherols (antioxidant), natural flavor, sunflower lecithin, beta carotene (coloring), caramel (coloring).

**Suggested Adult Use:** Take 2 softgels per day after a meal, or as recommended by a nutritionally-informed physician.

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
can improve mental performance. At middle age, individuals with relatively high blood DHA have significantly better chance of having healthy memory retention, compared to individuals with relatively low levels. For middle aged and older individuals, higher blood DHA is also linked to better reaction time, sharpened attention, and achievement on tests of memory, reasoning and vocabulary.

PHARMACOLOGICAL & CLINICAL STUDIES

A study on aging subjects found a link between more efficient DHA production by the liver and better memory performance.

Besides supporting healthy pregnancy and lactation, algal DHA has proven brain and cardiovascular benefits. Clinical trials support using 400mg DHA for maintenance of blood vessel health in adults aged 40-65 years, and 600mg per day for memory support in over-55 seniors. Up to 2000 mg DHA can be safely consumed per day.

A randomized, double-blind, placebo-controlled trial was conducted to evaluate the effect of DHA supplementation during pregnancy on gestational age and size at birth. Over 1,000 pregnant women were randomly assigned to 400 mg/day of algal DHA or placebo. Results showed that prenatal DHA supplementation of primiparous women may result in increase birth size in a population where dietary DHA intakes are very low.

From the DOMInO trial, results were overall positive in regards to the effect of DHA on increasing the length of gestation and reducing the risk of early preterm and low birth weight despite the little or no effect on maternal postpartum depression and early childhood neurodevelopment.

During an European trial, prenatal DHA status and neurological outcome in children at age 5.5 years were positively linked after healthy pregnant women were assigned randomly to take daily a dietary supplement that contained 500 mg of DHA (and other fatty acid) from week 20 of gestation until delivery.

In a randomized, double-blinded, placebo-controlled study, pregnant women who received 300 mg/day of DHA from 24 weeks gestation until delivery, saw a beneficial effect on infant sleep organization compared to those who received placebo. This study concluded that the increased supply of dietary DHA had a positive impact on the infant sleep early neuro-developmental status.

In a phase III, double-blind, randomized controlled trial, pregnant women were given either 600 mg/day of DHA from less than 20 week of gestation to birth. The results showed that a supplement of 600 mg of DHA daily resulted in overall greater gestation duration and infant size. The study concluded that a reduction in early preterm and very low birth-weight could be an important public health outcomes following DHA supplementation.

The effect of maternal DHA supplementation on proteins involved in iron metabolism and mineral placenta content was evaluated during a clinical trial conducted in 100 pregnant women. Participants who received 400 ml/day of DHA saw their iron plasma concentration increased. Overall, the results showed DHA supplementation improved trans-placental iron boosting neonates iron stores at delivery.

In an Italian pilot study, women who received 200 mg/day of supplement DHA had a longer gestational term than women who received placebo.

To examine whether fetal DHA insufficiency occurs and impacts negatively brain development in term gestation infants, a randomized prospective study of single birth healthy infants born to women given a placebo or 400 mg/day DHA from week 16 of gestation to delivery was conducted. The results led to the conclusion that infants from the placebo group were at risk of lower language development.

A dose response randomized controlled trial of DHA in preterm infants had underlined the importance of DHA supplementation during pregnancy to increase the rate of giving birth to a full-term infant.

In a randomized double-blind placebo controlled DHA supplementation, pregnant women who received 600 mg/day of DHA showed an increase in gestational length by up to 4 days. The results led to conclusion that supplementation with DHA can be effective in increasing gestational length.

In a randomized-controlled trial, young adults were randomly assigned to 1.6 g DHA daily or 4.0 g daily olive oil (control) for 16 weeks. Results showed that participants who received DHA had their triglyceride concentrations lowered significantly compared to individuals who did not get DHA suggesting the benefit of DHA supplement for supporting cardiovascular health.

A clinical study investigated the effects of fish oil (240 mg eicosapentaenoic acid (EPA) + 240 mg DHA or (480 mg EPA + 480 mg DHA) with and without multivitamin among 160 healthy adults (50–70 years old) for 16 weeks. The group that received 6 g fish oil without multivitamin displayed a significant decrease in aortic pulse pressure underlying the positive effect of DHA on cardiovascular function.

In the classic Framingham study, subjects with the highest DHA levels were most likely to exhibit better memory over a subsequent 10-year period. In a landmark 2010 double blind trial conducted on more than 500 over-55 subjects, those taking DHA from algae (900 mg/day for 6 months) had significantly superior memory over those on placebo. Their learning and memory errors were reduced by 50 percent.

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


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