

Mother's Choice™ Soluble DHA**50 grams (1.76 oz.)**

Item Catalog Number: 31157

Docosahexaenoic acid (DHA) is an omega-3 fatty acid and functions as an important component of brain tissue. DHA has been found to play a significant role in cerebral development throughout the life cycle, especially during fetal development and infancy. DHA is an essential nutrient for pregnant and nursing mothers and also for infants.*

Source Naturals Soluble DHA dissolves in water and can be conveniently mixed with baby formula or with your favorite beverages.

Supplement Facts

Serving Size 1/2 teaspoon (approx. 1.7 g)

Servings Per Container 29

Amount Per Serving

Docosahexaenoic Acid (DHA)

200 mg

(from fish oil)

Contains no yeast, dairy, egg, gluten, or wheat. Contains no sugar, salt, preservatives, or artificial color, flavor or fragrance.

Dosage and Use

- For infants, add a 1/4 teaspoon of soluble DHA to baby formula or juice.
- Adults and pregnant or nursing mothers add 1/2 teaspoon to your favorite beverage, or as recommended by your health care professional.

Caution

Pregnant or breastfeeding women should consult a health care professional before using this or any dietary supplement.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.