

DHA 240

**60 softgels**

Item Catalog Number: 00995

Docosahexaenoic acid (DHA) is an omega-3 fatty acid that helps support development of the brain, nervous system, and the retina of the eye.<sup>51-53</sup> DHA is critical to maintaining healthy brain function. Billions of neurons in the brain communicate with each other through connectors called “synapses.” Synapses have a higher concentration of DHA than almost any tissue in the body. DHA is highly concentrated within brain tissue, accounting for up to 20% of total brain mass. Scientists are currently researching the possibility that a lack of DHA may contribute to certain behavioral and mood conditions affecting both children and adults. Some studies have also explored a possible link between insufficient DHA and age-related mental decline.<sup>54-56</sup> DHA (and eicosapentaenoic acid, EPA) can modulate the balance between pro- and anti-inflammatory cytokines and ameliorate inflammatory reactions by suppressing pro-inflammatory mediator generation and cytokine expression.<sup>57,58</sup>

DHA is a major structural fat in the retina of the eye, accounting for up to 50% of the total fatty acids. Because DHA is so prevalent in eye tissue, many researchers suspect that it plays an important role in visual development during infancy and childhood. DHA is also being studied for its possible impact on adult eye health.

Life Extension®'s DHA softgels complement Life Extension's Super Omega-3 fish oil softgels to provide options for those who desire a higher DHA:EPA ratio and to provide additional support for brain health, eye health, mood, and developmental needs. Life Extension's DHA exceeds current Council for Responsible Nutrition proposed pharmaceutical-grade standards. The small-sized DHA softgel caps are more desirable for some people.

**References****Supplement Facts**

Serving Size 1 softgel

Servings Per Container 60

**Amount Per Serving**

Calories	3
Calories from Fat	3
Total Fat	0.3 g
Fish Oil Concentrate	300 mg
Yielding DHA (docosahexaenoic acid)	240 mg

Other ingredients: gelatin, glycerin, water, rosemary extract, caramel color.

Contains fish (tuna).

This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

**Dosage and Use**

- Take one softgel with food and a glass of water once or twice daily, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

**Caution**

If you are taking anticoagulant drugs, use only under the supervision of your physician. Blood tests that measure clotting time can be used to ensure these nutrients are not reducing the clotting factors in your blood to abnormal levels.

**Warnings**

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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