

# RECOMMENDED SERVING FOR OPTIMUM RESULTS

## RAPID BUILD OF DHA

Adults: 1000mg DHA  
2ml per day (1 full dropper)  
Children: 500mg DHA  
1ml per day (1/2 dropper)\*  
For a period of 3 months



### Ingredients:

Pure Water Extracted Chromista Algae Oil - *Schizochytrium sp.* flavoured with cold pressed organic lemon peel oil, natural tocopherol as antioxidant

## MAINTENANCE OF DHA

After building DHA level  
Adults: 500-750mg DHA  
1-1.5ml per day (1/2-3/4 dropper)  
Children: 250-500mg DHA  
1/2-1ml per day (1/4-1/2 dropper)\*

\* For Children - under adult supervision only

### SUPPLEMENT FACTS:

Standard Servings per Bottle:	33
Serving Size:	1.5ml
Total Fat	1.05ml (3%)
DHA	750mg
EPA	7.5mg

## RAPID BUILD OF DHA

Adults: 1050mg DHA  
3 softgels per day  
Children: 350-700mg DHA  
1-2 softgels per day\*  
For a period of 3 months



### Ingredients:

Pure Water Extracted Chromista Algae Oil - *Schizochytrium sp.*, natural tocopherol as antioxidant ; Veg-Softgel - corn starch (non GMO/gluten free), carrageenan (from edible seaweed), vegetable glycerine, purified water

## MAINTENANCE OF DHA

After building DHA level  
Adults: 700mg DHA  
2 softgels per day  
Children: 350mg DHA  
1 softgel per day\*

\* For Children - under adult supervision only

### SUPPLEMENT FACTS:

Standard Servings per Bottle:	30
Serving Size:	2 softgels
Total Fat	1.05ml (3%)
DHA	700mg
EPA	7mg

## DHA SUPPLEMENTATION

### EASY TO USE

Calibrated dropper  
for measure  
accuracy



Babies (Newborn to 2 years):  
250mg DHA - .5ml per day\*  
Children (2 to 4 years):  
500mg DHA - 1ml per day\*

\* For Babies and Children - under adult supervision only



### Ingredients:

Pure, unflavoured Water Extracted Chromista Algae Oil - *Schizochytrium sp.*, natural tocopherol as antioxidant

### SUPPLEMENT FACTS:

Standard Servings per Bottle:	60
Serving Size:	0.5ml
Total Fat	5ml
DHA	250mg
EPA	2.5mg