



NutriDyn

Omega Pure DHA 500

Key Omega-3 Fatty Acid for Cognitive
Function, Eye Health, & Prenatal Support*

PRACTITIONER EXCLUSIVE

Omega Pure DHA 500 Supplementation

Omega Pure DHA 500 is an ultra-concentrated and purified omega-3 fatty acid supplement containing an evidence-based dose of docosahexaenoic acid (DHA), as well as small amounts of eicosapentaenoic acid (EPA) for healthy omega-3 balance. DHA is especially crucial for cognitive function, eye health, and prenatal development.* DHA also plays a variety of roles in the body, with research suggesting its importance for:¹⁻³

- Healthy cardiovascular function*
- Healthy immune function*
- Musculoskeletal support*
- Skin vitality*
- Cognitive support*
- EuroFins batch tested for over 450 potential contaminants*

How Omega Pure DHA 500 Works

Omega Pure DHA 500 provides ample amounts of DHA and other omega-3 essential fatty acids, which are imperative for optimal health and wellness.* Omega-3 fatty acids are considered “essential” because your body doesn’t produce them endogenously. In other words, you need to consume these particular fatty acids from food and/or nutritional supplements.

The major providers of DHA in the human diet are fish. Unfortunately, eating large amounts of fish is a growing health concern due to noxious heavy metals and environmental toxins that tend to accumulate in marine ecosystems.

For simplicity and practicality, many people choose Omega Pure DHA 500 to meet their daily DHA requirements without having to worry about eating a large amount of fish or ingesting potentially harmful contaminants.

Physiologically, DHA is found in many parts of the human body, especially in cell membranes, making it an integral component of membrane phospholipids. In so doing, research suggests that DHA can promote healthy gene and protein expression, support membrane protein activity, and serve as a reservoir for many biologically important molecules.*³



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In children and newborns, it appears DHA is critical for healthy central nervous system development.* Research suggests pregnant women need more DHA than those who are not pregnant.⁴ Unfortunately, the major dietary source of DHA (seafood) is restricted during pregnancy, meaning many pregnant women likely fall short of their DHA needs. In such instances, supplementing with Omega Pure DHA 500 can be beneficial.*

How Much DHA Should I Be Getting?

Research suggests adults should consume at least 500 mg of DHA per day (but may require as much as 1500 mg daily).⁵ Omega Pure DHA 500 provides 500 mg of DHA per softgel.

Supplement Facts

Form: 90 Softgels

Servings Size: 1 Softgel

Ingredients:	Amount	%DV*
Calories	10	
Total Fat	1 g	1%*
Cholesterol	10 mg	3%*
Vitamin E (as d-alpha tocopherol)	3 mg	20%
Total Omega-3 Fatty Acids	550 mg	**
EPA (Eicosapentaenoic acid)	50 mg	**
DHA (Docosahexaenoic acid)	500 mg	**

Other Ingredients: Highly Concentrated Marine Oil [derived from calamari (Squid)], Capsule Shell (gelatin, glycerin, purified water), Natural Lemon Flavor, Natural Mixed Tocopherols.

Contains: Mollusk Shellfish (Calamari).

Directions: Take 1 softgel 1 to 3 times daily with food or as directed by your healthcare practitioner.

Warning: This product contains calamari, a mollusk shellfish. If you are allergic to mollusks, do not use this product. Please note that individuals with shellfish or crustacean allergies may also react to mollusks.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking nutritional supplements or medications. Keep out of reach of children.

Produced in a cGMP facility.

Produced in a pharmaceutically-licensed facility.

Product of Norway.

References:

1. Kris-Etherton, P. M., Harris, W. S., & Appel, L. J. (2003). Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Arteriosclerosis, thrombosis, and vascular biology*, 23(2), e20-e30.
2. Janice K. Kiecolt-Glaser, Martha A. Belury, Rebecca Andridge, William B. Malarkey, Ronald Glaser. Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomized controlled trial. *Brain, Behavior, and Immunity*, 2011; DOI:
3. Ruxton, C. H. S., Reed, S. C., Simpson, M. J. A., & Millington, K. J. (2004). The health benefits of omega-3 polyunsaturated fatty acids: a review of the evidence. *Journal of Human Nutrition and Dietetics*, 17(5), 449-459.
4. Cohen, J. T., Bellinger, D. C., Connor, W. E., & Shaywitz, B. A. (2005). A quantitative analysis of prenatal intake of n-3 polyunsaturated fatty acids and cognitive development. *American journal of preventive medicine*, 29(4), 366-366.
5. Kris-Etherton, P. M., Grieger, J. A., & Etherton, T. D. (2009). Dietary reference intakes for DHA and EPA. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 81(2-3), 99-104.



NON-GMO



GLUTEN-FREE

* 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.

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