

## Suppys Omega-3 DHA Recommendations

**Children ages 2-3:** Chew one chewable softgel per day.

**Ages 4 and older:** Chew 2 per day.

**Note:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### SUPPLEMENT FACTS

Serving Size: 2 Chewable Softgels

Servings Per Container: 30

	Amount Per Serving	%DV†	%DV†
		1-3 Years	≥ 4 Years
Calories	10		
Total Fat	1 g	3%**	1%*
Fish Oil Concentrate	1100 mg	†	†
DHA (Docosahexaenoic Acid)	200 mg	†	†
EPA (Eicosapentaenoic Acid)	48 mg	†	†

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Percent Daily Values (DV) are based on a 1,000 calorie diet.

† Daily Value (DV) not established.

**Other Ingredients:** Softgel Capsule (Gelatin, Glycerin, Water, Xylitol, Cellulose) Natural Fruit Flavor and Natural Mixed Tocopherols.

**Contains:** Fish (Tuna), Soy

Manufactured for: Suppys, Cologne, MN 55322 | [suppys.com](http://suppys.com) | 612.314.3715



Talk to your healthcare practitioner to learn more about our Suppys Products



Children's Chewable Immunity  
Lemon Flavour



Children's Chewable Multivitamins  
Orange or Tropical Punch Flavour



Omega-3 Smoothie  
Mango - Peach Flavour

# Suppys

Children's Organic Vitamins



## Children's Chewable Omega-3 DHA

Berry Flavour 60 Softgels

## Try Our Tasty Children's Fish Oil Vitamins

Sugar, gluten, and dairy free 200 mg of DHA (Docosahexaenoic Acid), 48 mg of EPA (Eicosapentaenoic Acid) from 1,100 mg of Fish Oil Concentrate for optimal brain development.\*

[www.suppys.com](http://www.suppys.com)

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## How Suppys Omega-3 DHA Works

EPA and DHA play extremely important roles in the developing baby's brain. Omega-3 fatty acids are also crucial for the maintenance of normal brain function throughout life. In fact, several studies have found a link between pregnant women's fish oil intake with higher scores for their children on tests of learning and memory in early childhood.

Electric signals in the brain travel by passing from one brain cell to the next, leaving one brain cell at the synapse and cross a gap to the next neuron. For this to occur, they must pass through cell membranes, which consist almost entirely of fat. Ion channels in these membranes will open and close to let electric signals flow through. DHA makes these channels more elastic, making its communication between brain cells easier.

After ingestion, these long chain polyunsaturated fats become more abundant in the cell membranes of the brain. Human clinical trials have shown that omega-3 fatty acids support cell membrane health, an increase in permeability, and communication between brain cells.<sup>1</sup>

## DHA Supplementation is Vital to Your Children's Brain Development

Suppys Omega-3 DHA is a great tasting, all-natural brain development support formula for children, containing effective doses of omega-3 fatty acids DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid).

A large body of randomized, double-blind, placebo-controlled research studies suggest that omega-3 fatty acids can help support children's brain function and development.

Proper nourishment for brain development is vital in children, especially as they grow and mature. The child's brain develops faster than at any other time in life. Early brain development has a lasting impact on a child's ability to learn and succeed in school and life. Suppys Omega-3 DHA is a great way to help kids get the essential omega-3 fatty acids they need to support healthy brain development in tasty chewable softgels.

According to clinical research, healthy children supplementing with omega-3 fatty acids aged 7 and 9 with below average reading ability (under the 20th centile) showed significant improvements after 6 weeks.<sup>2</sup>

## Suppys Omega-3 DHA Supplementation

Research cited herein suggests that Omega-3 DHA supports children's brain development and may support learning and memory.<sup>3</sup>

To summarize, the most pertinent, science-backed benefits of supplementation with Suppys Omega-3 DHA may include:

- Support healthy brain development in children
- All-natural ingredients
- Comes in tasty chewable softgels

### Suppys Quality Difference

This product is non-GMO, sugar-free and made in a cGMP facility. It is also free of wheat/gluten, dairy, egg, tree nuts, and artificial colors.

For more information, visit: [www.suppys.com](http://www.suppys.com)

### References:

1. Simon C. Dyal et al. Front Aging Neurosci. 2015; 7: 52.
2. Stacey Ageranioti Bélanger, MD PhD,1 Michel Vanasse, MD, et al. Paediatr Child Health. 2009 Feb; 14(2): 89-98.
3. Innis SM et al. J Nutr. 2007 Apr;137(4):855-9.

Supports children's brain function and development

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.