

Suppys Omega-3 Smoothie Recommendations

Directions: Take 1 teaspoon daily or as directed by your healthcare practitioner. Can be taken directly or mixed with juice, yogurt, oatmeal or blended beverages.

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

The Suppys Quality Difference

This product is non-GMO, sugar-free, gluten-free, dairy-free, and made in a cGMP facility.

Supplement Facts

Serving Size: 5 mL (1 teaspoon) (not included)
Servings Per Container: 94

Amount Per Serving		%DV*
Calories	20	
Calories From Fat	10	
Total Fat	1.5 g	2%*
Saturated Fat	0.5 g	2%*
Polysaturated Fat	0.5 g	**
Monounsaturated Fat	0.5 g	**
Cholesterol	15 mg	4%
Total Carbohydrate	2 g	<1%*
Vitamin D3 (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl acetate)	7 IU	24%
Fish Oil:	1250 mg	**
EPA (Eicosapentaenoic acid)	225 mg	**
DHA (Docosahexaenoic acid)	150 mg	**
Other Omega-3 Fatty Acids	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Water, xylitol, glycerin, gum arabic, natural flavors, xanthan gum, guar gum, potassium sorbate, rosemary extract, ascorbyl palmitate, citric acid, beta carotene (as color).



Try our delicious children's Omega-3 Smoothie

Sugar, gluten, and dairy free*

200 IU of Vitamin D3*

150 mg of DHA (Docosahexaenoic Acid), 225 mg of EPA (Eicosapentaenoic Acid), 50 mg of other omega-3 fatty acids, and 1,250 mg of Fish Oil Concentrate for optimal brain development.*

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



Suppys

Children's Organic Vitamins



Omega-3 Smoothie

www.suppys.com

TS045



Omega-3 Fatty Acids Are Crucial to Your Child's Brain Health

Suppys Omega-3 Smoothie is a delicious, all-natural brain development support smoothie for children, containing optimal doses of omega-3 fatty acids DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid).*

A large body of research studies suggest that omega-3 fatty acids can help support healthy children's brain function and development.*¹

Early brain development has a lasting impact on a child's ability to learn and succeed in school and life. Proper nourishment for brain development is vital in children, especially as they grow and mature.

Suppys Omega-3 Smoothie is a tasty liquid smoothie with no oily texture or fishy flavour. Suppys Omega-3 Smoothie contains 375 mg of EPA/DHA.

How Suppys Omega-3 Smoothie Works

The term "essential" fatty acids means your child cannot produce omega-3's on its own. The brain needs these omega-3's from an external source like food or supplements. Proper supplementation of EPA and DHA is crucial for the developing brain and the maintenance of normal brain function throughout life.*

After ingestion of omega-3's, these long chain polyunsaturated fats become more abundant in the cell membranes of the brain. DHA makes communication between brain cells healthier and more fluid. Human clinical trials have shown that omega-3 fatty acids support cell membrane health, promotes permeability and communication between brain cells.*²

Suppys Omega-3 Smoothie is a brain boost for kids on the go in yummy mango peach flavour.*

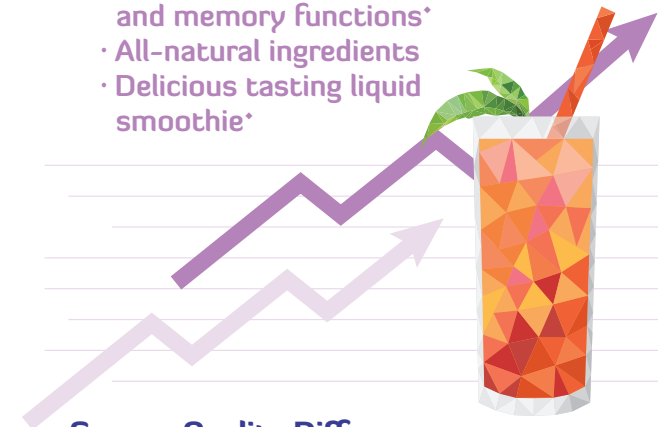


Suppys Omega-3 Smoothie Supplementation

Research cited herein suggests that omega-3 smoothie supports children's brain development and promotes healthy cognitive function.*

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

- Supports healthy children's brain function*
- Supports children's learning and memory functions*
- All-natural ingredients
- Delicious tasting liquid smoothie*



Suppys Quality Difference

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

For more information, visit: www.suppys.com

References:

1. Richardson AJ, Montgomery P. et al. Pediatrics. 2005 May;115(5):1360-6.
2. Simon C. Dyllal et al. Front Aging Neurosci. 2015; 7: 52.

* 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.