

Dr. Fuhrman™

PRODUCT FACTS

DHA+EPA PURITY

DHA and EPA have many essential functions and health benefits.

A VEGAN SOURCE OF HEALTHFUL, LONG-CHAIN, OMEGA-3 FATTY ACIDS

DHA and EPA have many essential functions and health benefits. They are crucial for the health of the brain, eyes, and cardiovascular system—from fetal development all the way into old age. DHA and EPA are most commonly obtained from fish, whose tissues accumulate these long-chain fatty acids from algae or algae-consuming marine life. ALA, a short-chain omega-3 found in certain plant foods, can be elongated by the body into DHA and EPA; however, even with an ideal diet, many people may not sufficiently convert ALA to achieve optimal long-chain omega-3 (DHA and EPA) status. Adding supplemental DHA and EPA to a high-nutrient, plant-based diet has the potential to enhance the health benefits of your diet.

“DHA AND EPA ARE CRUCIAL FOR THE HEALTH OF THE BRAIN, EYES, AND CARDIOVASCULAR SYSTEM—FROM FETAL DEVELOPMENT ALL THE WAY INTO OLD AGE.”



HEALTH BENEFITS ASSOCIATED WITH DHA AND EPA

- DHA is a structural component of the brain, crucial for early neurological and visual development*
- EPA and DHA may promote healthy cognitive function, memory, and mood*
- EPA and DHA may help to maintain proper regulation of the inflammatory response*
- EPA and DHA may help to maintain normal lipid levels and cardiovascular health*
- Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

DHA+EPA PURITY

Product Features

- **100% vegan**
- **A few drops (0.75 ml) deliver over 250 mg long-chain omega-3 fatty acids**
- **Derived from lab-grown algae** (no environmental contaminants)
- **Awarded pharmaceutical-grade certification (GMP)**
- **Purified liquid concentrate instead of capsules** (capsules can hide the taste of rancid oil)
- **Pleasant citrus flavor**
- **Can be easily hidden in food and drink**



DR. FUHRMAN EXPLAINS: To assure optimal health, I wanted to offer a product that would meet exceptionally high standards for freshness and purity. Purified fish oils are an option, but our oceans are in crisis. I chose lab-grown algae as my preferred vegan source of DHA and EPA, more sustainable than fish or fish-derived supplements, and free of the environmental pollutants that accumulate in the fatty tissues of fish. We use the highest quality, most concentrated form of DHA and EPA, package it in dark glass (not plastic) and then keep the bottles refrigerated to maintain freshness. You can stop holding your nose trying to swallow fishy-tasting oil and end the difficulty with burping and that vile aftertaste. You simply can't get a fresher DHA anywhere.

Dr. Fuhrman's DHA+EPA Purity is derived from a unique, natural vegetarian source and is produced under strict manufacturing conditions to assure purity and freshness.

WHY CHOOSE DHA+EPA PURITY?

Omega-3 fatty acids from fish are well established by science to have important health benefits. Fish, however, is an unfavorable source of these beneficial fats because most fatty fish contain potentially harmful pollutants, such as dioxin and mercury. People also report difficulty digesting these beneficial oils because of the fishy taste, and rancidity resulting in foul odor, indigestion, and the burping that they cause.

“ADDING SUPPLEMENTAL DHA AND EPA TO A HIGH-NUTRIENT, PLANT-BASED DIET HAS THE POTENTIAL TO ENHANCE THE HEALTH BENEFITS OF YOUR DIET.”

** The products and statements made about specific products on this fact sheet have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided on this fact sheet or any information contained on or in any product label or packaging is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional. You should not use the information on this fact sheet for diagnosis or treatment of any health problem. Always consult with a healthcare professional before starting any new vitamins, supplements, diet, or exercise program, before taking any medication, or if you have or suspect you might have a health problem.*

STORAGE AND SHIPPING

Dr. Fuhrman has tested other DHA and EPA products on the market and found them all to be shockingly high in rancidity scores. Rancid oils can cause burping, indigestion and a foul taste. Consuming rotten oil is not healthful so it is important to purchase a product that begins fresh and without oxidation. Special care is taken in the manufacturing and storage of Dr. Fuhrman's DHA+EPA Purity to ensure that the oil does not become rancid or oxidized. You will certainly taste the freshness of DHA+EPA Purity when it hits your tongue.

DHA+EPA PURITY

Supplement Facts

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Serving Size: 3/4 dropper (0.75ml)		
Servings Per Container: 60		
	Amount Per Serving	%DV
Docosahexaenoic Acid (DHA)	175 mg	‡
Eicosapentaenoic Acid (EPA)	88 mg	‡

‡ Daily Value (DV) not established

Other Ingredients: Algal oil, sunflower oil, sunflower lecithin, rosemary leaf extract, tocopherols, ascorbyl palmitate and natural flavor.

Suggested Use: The bottle comes with a graduated dropper for your convenience. Only a few drops on a spoon or easily hidden in food or drink, delivers a sufficient daily amount of these valuable omega-3 fatty acids.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.



Directions: (daily serving)	
Adults and children 4 and over	0.75 ml
Children 1-3 years	0.5 ml

REFRIGERATE UPON RECEIPT

For more detailed information about this supplement, visit <http://www.drfuhrman.com/shop/246/dha>

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