Omega-3 polyunsaturated fatty acids (PUFAs) play a critical role in the normal development and functioning of the brain and central nervous system with the conditionally-essential fatty acid, docosahexaenoic acid (DHA) proven to be vital to pre- and postnatal brain development. DHA is transferred directly to the fetus during pregnancy and supplied to the infant in mother’s breast milk after birth. Functioning exclusively via cell membranes, anchored by phospholipid molecules, PUFAs, such as DHA, are involved in numerous processes effecting membrane fluidity and gene regulation. DHA is the primary structural fatty acid in the brain’s gray matter (~ 60%) and eye’s retina optimizing signal transmission in these organs and the overall nervous system. Approximately 50% a neuronal membrane’s weight is DHA. Low levels of this fatty acid have been correlated with memory loss, impairment in the ability to recognize and comprehend written words, poor night vision, and other neurological symptoms. Meta-analyses confirm that DHA supports healthy mood. DHA also supports immune-modulation and the body’s healthy response to inflammation.

Although DHA is available in the diet through cold water fish and vegetable oils such as flaxseed oil, many individuals are hesitant to consume fish due to the possibility of contaminants. Teens and others whose diets tend to be disproportionately high in saturated fats, those individuals, including teen athletes, who tend to reduce dietary fat to stay lean, pregnant and nursing mothers, and people of all ages who are interested in preserving eye, brain, and nervous system health are candidates for DHA supplementation. Interestingly, although vegans and vegetarians consume 57-80% less dietary DHA, a study showed that their blood levels of fatty acids were disproportionate to consumption suggesting conversion of non-marine sources of omega 3s.

Health Tools® OmegaClean DHA is sourced from tuna, sardines, and anchovies. It is processed under strictly controlled conditions according to the acceptable published standards of the Council for Responsible Nutrition (CRN) and the World Health Organization (WHO) and, the most stringent current standard, the International Fish Oils Standard (IFOS). The oil is molecularly distilled under vacuum. Independent third party testing confirms freshness, purity and safety.
**Supplement Facts**

<table>
<thead>
<tr>
<th></th>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Fish Oil Concentrate</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>EPA (eicosapentaenoic acid)</td>
<td>60 mg</td>
<td></td>
</tr>
<tr>
<td>DHA (docosahexaenoic acid)</td>
<td>580 mg</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.  
** Daily Value not established.

**Other Ingredients:** Gelatin, glycerin, purified water, and mixed natural tocopherols.

**REFERENCES**


**Caution:**

Consult your healthcare practitioner before use especially if you take blood-thinners or anticipate surgery. Keep out of reach of children.

*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.