

UK & EU Food Supplement Label

Oceans 3 - Oceans Kids DHA Chewables (120)

Food Supplement

Manufactured in the USA by: Garden of Life LLC 4200 Northcorp Parkway Palm Beach Gardens, FL 33410 USA, www.gardenoflife.com

Suggested Use: Children three and older take 4 chewable softgels daily or as otherwise directed by your pediatrician. May be chewed or swallowed. Best if taken with meals. For optimal freshness, store in a cool, dry place and use contents within 3 months of opening.

Nutrition Information

Serving Size 4 Softgels
Servings Per Container 30

Amount Per Serving		% NRV for Children 3 Years of Age	% NRV for Adults and Children 4 or More Years of Age
Calories	10		
Calories from Fat	10		
Total Fat	1 g	+	2% ¹
Vitamin A (naturally occurring)	59.4 µg RE	7%	7%
Vitamin D (naturally occurring)	0.05 µg	1%	1%
Vitamin E	7.37 mg α-TE	61%	61%
Omega-3 Fatty Acids	250 mg		
DHA (Docosahexaenoic Acid)	120 mg	+	+
EPA (Eicosapentaenoic Acid)	80 mg	+	+
Other Omega-3s	46 mg	+	+
ALA (Alpha Linolenic Acid)	4-12 mg	+	+
Omega-9 Fatty Acid (Oleic Acid)	150 mg	+	+

¹ Percent Nutrient Reference Value are based on 2,000 calorie diet.

+ Nutrient Reference Value not established

Ingredients: Highly purified Norwegian cod liver oil (*Gadus morhua*), gelatin, glycerin, purified water, natural mixed berry flavors, proprietary antioxidant blend (consisting of rosemary leaf extract, natural tocopherols (soy) and sunflower oil), natural lime flavor.

Caution: As with any food supplement, consult your healthcare practitioner before using this product, especially if your child is allergic to iodine, uses blood thinners, anticipates surgery, or is under medical supervision. Small objects like pills can become inadvertently lodged in the throat. Softgels may be pierced and contents can be mixed with water, juice or food. Children should always be under adult supervision when consuming this product.

Store in a cool, dry place. Do not exceed the recommended daily dose. Do not use if safety seal is broken or missing. Do not use as a substitute for a balanced and varied diet and a healthy lifestyle.

KEEP OUT OF REACH OF CHILDREN.

Best Before Date – See product outer packaging



NHC17116