



NATURE'S SUNSHINE

DHA

GOOD FOR

Nervous System

Brain

Eyes

SIZE **60 Capsules**ITEM # **1513**SERVING **1**SUPPLY **20 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

This formula brings together the most researched omega-3 fatty acids — DHA, EPA, and the fish oil they come from — plus a touch of lemon to make every softgel easy on your stomach. Together they give your body the building blocks it needs to keep your mind sharp, your heart steady, and your joints comfortable.

DHA (Docosahexaenoic Acid) — DHA is one of the most important fats your brain and eyes are built from. Your cerebral cortex, retina, and skin all rely on a steady supply of it. Getting enough DHA through supplementation helps keep those tissues well-stocked, supporting clear thinking, healthy vision, and a calm, balanced mood day to day.

EPA (Eicosapentaenoic Acid) — EPA is a long-chain omega-3 that works quietly in the background to help keep inflammation in check throughout the body. Research shows it supports healthy blood flow, helps maintain comfortable joints, and plays a role in keeping your mood on an even keel — making it a true all-around wellness workhorse.

Fish Oil — Fish oil is the natural source of both DHA and EPA in this formula. Drawn from the tissues of oily fish, it delivers these two long-chain omega-3s together the way nature intended. Studies show fish oil helps support healthy triglyceride levels, normal blood pressure, and overall cardiovascular wellness when taken regularly.

Lemon — Lemon extract is added here for more than just flavor. It brings natural vitamin C and plant compounds called flavonoids that act as antioxidants, helping to protect cells from everyday oxidative stress. It also makes the softgel gentler on the stomach and easier to swallow — no fishy aftertaste to worry about.