

DHA & ARA Fatty Acid Supplement



Benefits of Choosing Baby's Only Essentials® DHA & ARA

DHA & ARA Fatty Acids are known to concentrate in a fetus' developing brain and eye retina at a rate that increases as the pregnancy progresses. This accumulation of DHA & ARA in the brain and retina continues even after birth.*

Baby's Only DHA & ARA source of fatty acids is from the natural goodness of egg-yolk phospholipids. This differs from *C. cohnii* oil (algae) & *M. alpina* oil (fungus) used in infant formulas, which are hexane extracted, deodorized and bleached.

A recent study concluded that egg phospholipid was more bio-available than other sources used in the study (fish oil and algal oil). Because it was more easily incorporated into the body, less egg-phospholipid had to be consumed in order to achieve the desired effect.*

Nature's One® provides the only source of DHA & ARA containing cholesterol also present in breast milk and believed to assist in normal cholesterol production as the baby matures.*

Baby's Only Essentials® contains Choline, an important nutrient needed for the production of neurotransmitters and development of the memory center in the brain, impacting long-term memory.*

Individual packets make it possible for healthcare professionals to recommend specific dosing of DHA & ARA.

For Routine Use

For Children 1 to 3 Years of Age: One single packet, 1 or 2 times per day or as directed by a healthcare professional. Sprinkle or mix into cereal, formula, non-dairy beverages, milk or water. May add to recipes as well. Reconstituted product should be refrigerated in a sealed container and used within 48 hours.

*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.

For more information:
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Supplement Facts

Servings Size 1 Packet (3g)
Servings Per Container 30

Amount Per Serving	% DV for Children Under 4 Years of Age
Calories 15	
Calories from Fat 5	
Total Fat 0.5g	**
Cholesterol 50mg	**
Total Carbohydrate 2g	**
Calcium 28mg	4%
Phosphorus 40mg	5%
DHA 15mg	**
ARA 30mg	**
Choline 50mg	**

** Daily Value not established.

Ingredients: Organic Rice Oligodextrin, Egg Yolk Phospholipids, Potato Maltodextrin, Calcium Phosphate, Natural Vanilla Flavor. Made without GMO Ingredients. Contains Egg.

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