



# DHA FOR YOUR MIND AND MORE®

DHA (docosahexaenoic acid) is an omega-3 fatty acid found in marine oils and in many phospholipids. DHA is an important component of the structural lipids of the brain and retina. The brain favors and uses DHA over other fatty acids and, therefore, the consumption of DHA in the brain is rapid. The body also converts some of the DHA to EPA (Eicosapentaenoic Acid), also an omega fatty acid from fish oil. The two share similarities, yet an ideal diet would contain sufficient amounts of both.\*

## DHA -- FOR YOUNG AND OLD ALIKE

In premature infants, for example, supplementation has shown to provide benefits in brain development. In most of the DHA studies of pre-term babies, as well as many full term baby studies, supplementation with pre-formed dietary DHA has been associated with enhanced visual acuity and neurological development. Supplementation is especially important for premature infants who are not breastfed, as breast milk has DHA and most baby formulas are void of this omega-3 fatty acid. DHA deficiencies are most common to formula-fed infants.\*

DHA's usefulness does not end with infancy. It is the building block of the human brain tissue and the primary fatty acid in the gray matter of the brain. DHA is essential for proper brain function and development in children, teens and adults alike. It is doubly important if you are a vegetarian to take DHA because it is practically non-existent in a vegetarian diet.\*

When taken in conjunction with EPA, DHA has been shown to help main blood pressure already in the normal range. In addition, overweight individuals who are following a guided weight loss program are encouraged to consult their physician about including EPA and DHA in the diet to help maintain healthy blood sugar and cholesterol levels, already in normal range.\*

Essential fatty acids have also been shown to enhance calcium absorption, increase calcium deposits in bones, diminish calcium loss in urine, improve bone strength, and enhance bone growth. Foods rich in essential fatty acids (including cold water fish such as salmon and mackerel) may offer the same benefits.\*

## SOURCES FOR DHA

DHA can be found in cold-water fatty fish including wild salmon (not farm raised), tuna (bluefin tuna contains the highest concentrations), mackerel, sardines, anchovies, shellfish and herring. Other sources include liver and eggs, to a lesser degree.

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**1-800-645-0010**  
or online at [www.roex.com](http://www.roex.com)

## ROEX® DHA

Roex® DHA is formulated "For the Mind and More®." Aware of how vital DHA is to one's health, Roex takes many precautions to ensure the best quality and highest potency in each and every capsule. We start with oils from mackerel, sardines and anchovies. Each serving delivers 257 mg of DHA. Like our EFA's, the oils are encapsulated in natural carob capsules and packaged in black bottles.

Many may wonder if the carob capsule and black bottles are just a marketing gimmick. The capsules and bottles are intended to restrict light from reaching the oils. Light and heat destroy the value of the oil and cause them to go rancid. If you are truly interested in keeping your brain, eyes and nervous system functioning at peak performance, give your body the nutrition it needs and order your DHA from Roex® today!\*

### DHA

#### Supplement Facts

Serving Size: 3 Softgel Capsules

Servings Per Container: 30

Amount per Serving		% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
DHA	405 mg	*

\* Daily Value (DV) Not Established

**Directions:** Take three (3) capsules daily.

**Other ingredients:** Marine lipid oil, gelatin, glycerin, purified water and carob powder.

#### THIS PRODUCT CONTAINS FISH

(Sardines, Anchovies, Mackerel and Tuna).

\*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.

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