

Omega·DHA Liquid Forte

A high-potency, 5:1 ratio of DHA and EPA specifically designed for the support of the neurological system and healthy cognition. Delivered in their native triglyceride forms for optimal absorption and tolerability.

GMO Free

Gluten Free

Dairy Free



- Each teaspoon delivers a minimum of 2100mg DHA and 520mg EPA, sourced from sardine, mackerel and anchovy, in their highly bioavailable and native triglyceride form
- Stabilized with a proprietary antioxidant blend of GMO-free mixed tocopherols, green tea extract, rosemary and vitamin C
- iFOS (International Fish Oil Standards) certified to meet the highest quality standards stability, potency and purity
- Indicated to support the healthy development of brain, eyes and nerves in children, as well as optimal cognitive function in adults
- Each 200ml bottle provides 40 servings in a natural lemonade and goji berry flavoured liquid

The developing brain requires many essential nutrients to maintain healthy structure and function, one of which is the omega-3 fatty acid known as docosahexaenoic acid (DHA). Although eicosapentaenoic acid (EPA) is an important anti-inflammatory fatty acid, DHA is specifically necessary for nerve cell growth, neuronal

differentiation and nerve signaling. With this in mind, DHA is particularly important for fetal development and during childhood, with significant accumulation in the developing brain taking place throughout the last trimester of pregnancy and continuing up until the second year of life.

Research has shown that supplemental DHA during pregnancy can improve various measures of eye health in infants. Specifically, DHA may help to improve visual acuity and lead to more rapid visual information processing speed in offspring. Studies also show that DHA supplementation early on in infancy may improve problem solving skills and voluntary attention at a young age. Finally, additional DHA given to mothers with atopy appears to lessen respiratory symptoms such as nasal discharge and congestion in infants at 18 months of age.

Evidence confirms that DHA is crucial for favourable health outcomes in adults as well. For example, elevated DHA levels in middle-aged individuals have been positively correlated with better cognitive scores when compared to those with low DHA levels.

Moreover, clinical studies have shown that supplemental DHA can positively impact memory scores in the elderly and extra DHA may also be beneficial for sperm motility and morphology in men with a history of infertility.

Omega-DHA Liquid Forte by Cyto-Matrix is designed to deliver a minimum of 2100mg of DHA and 520mg of EPA per teaspoon.

Omega-DHA Liquid Forte is also iFOS (International Fish Oil Standards) certified to meet the highest quality standards and to guarantee optimal stability, potency and purity. **Omega-DHA Liquid Forte** is molecularly distilled, without the use of chemicals or solvents, to safely remove harmful compounds such as heavy metals and organophosphate compounds. Finally, a proprietary antioxidant blend of GMO-free mixed tocopherols, green tea extract, rosemary and vitamin C effectively stabilize the oil blend.

Each 5ml teaspoon contains

Fish oil	4382mg
(from anchovies, sardines, mackerels)	
Omega-3 fatty acids	3200mg
EPA	520mg
(eicosapentaenoic acid)	
DHA	2100mg
(docosahexaenoic acid)	



*The Certification Mark is a registered trademark of Nutrasource Diagnostics Inc.

Non-Medicinal Ingredients

Ascorbyl palmitate, mixed tocopherol concentrate, green tea extract, rosemary leaf extract, monk fruit extract, natural lemonade flavour, natural goji fruit flavour.

Recommended Use Claim

Source of omega-3 fatty acids for the maintenance of good health and to support cognitive health and brain function. Helps support healthy development of brain, eyes and nerves in children up to 12 years of age.

Directions of Use

Adults: Take 1 teaspoon per day or as directed by a healthcare professional. Children and adolescents (1-18 years): Take 1/2 teaspoon per day or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken.

Storage Conditions

Refrigerate after opening. Maintains optimal peak freshness for thirty days.