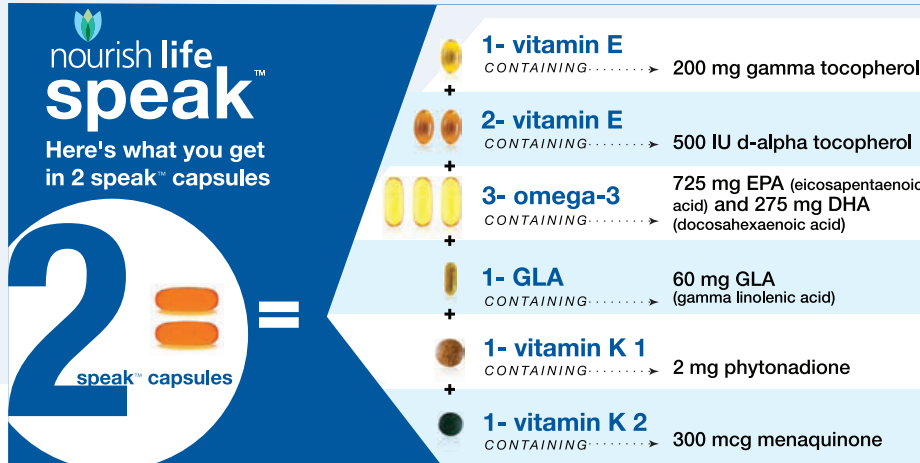




nourishlife speak™ Nutrient Information

What are the nutrients in speak™?



nourish life speak™
Here's what you get in 2 speak™ capsules

2 speak™ capsules =

- 1- vitamin E**
CONTAINING.....> 200 mg gamma tocopherol
- 2- vitamin E**
CONTAINING.....> 500 IU d-alpha tocopherol
- 3- omega-3**
CONTAINING.....> 725 mg EPA (eicosapentaenoic acid) and 275 mg DHA (docosahexaenoic acid)
- 1- GLA**
CONTAINING.....> 60 mg GLA (gamma linolenic acid)
- 1- vitamin K 1**
CONTAINING.....> 2 mg phytonadione
- 1- vitamin K 2**
CONTAINING.....> 300 mcg menaquinone

The patented speak™ formulation includes 7 nutrients in doses and ratios determined to be most effective. This precise combination of pharmaceutical grade ingredients is delivered in a convenient 2-capsule serving resulting in greater ease of use for parents and children.

Why isn't NourishLife speak™ in a bottled liquid?

Liquid omega-3's are prone to oxidation and rancidity. Whenever liquid omega-3 is poured out of a bottle, oxygen enters the bottle and begins to oxidize the oil which turns rancid. This is one of the reasons why many liquid fish oils taste horrible – the oil has oxidized and spoiled. By containing the speak™ liquid in a gelcap, it stays fresh until the moment the capsule is swallowed or pierced and the oil extracted. It's also premeasured and easily portable.

Purity

The omega-3 contained in speak™ is produced by Croda UK, the makers of Lorenzo's oil. Croda is one of only two Active Pharmaceutical Ingredient (API) omega-3 certified facilities in the world. The oil is ultra-purified, molecularly distilled, and meets or exceeds all US and European standards for purity.

Supplement Facts

Serving Size: 2 softgel capsules
Servings per container: 30

Amount Per Serving	2 softgels	%DV*	%DV**
Calories	20 mg		
Total Fat	2 g		2
Polyunsaturated Fat	2 g		
Vitamin E – d-alpha tocopherol	500 IU	5,000%	1,665
Gamma tocopherol	200 mg	+	+
Vitamin K	2.3 mg	+	2,875
Omega-3 Fatty Acids			
EPA (Eicosapentaenoic Acid)	725 mg	+	+
DHA (Docosahexaenoic Acid)	275 mg	+	+
GLA	60 mg	+	+

*Based on Daily Values for Children less than 4 years of age

**Based on Daily Values for Children 4 or more years of age

+Daily Value not established

Ingredients: Fish oil concentrate (from sardines, anchovies), d-alpha, gamma and natural mixed tocopherols (from refined soybean oil), borago oil, natural orange flavor, phytonadione, menaquinone. Capsule contents: gelatin, purified water USP, glycerin USP.

DOES NOT CONTAIN: milk, egg, tree nuts, wheat, peanuts, yeast, gluten, casein, sugar, starch, artificial flavor, colors or preservatives



nourishlife speak™ Dosage Information

Dosage Recommendations:

Suggested dosage plan for those not currently taking fish oil or vitamin E supplements:

Week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Number of speak™ capsules	1	1	2	2	3	3	4	4	5*	5*	6*	6*

*Start with 1 capsule of speak daily. After 2 weeks increase the dosage to 2 capsules daily until reaching a possible dosage of 6 capsules per day over 12 weeks.

- Begin with one speak™ capsule daily (given with food) and increase slowly.
- Toddlers and smaller children may see the most benefit with 2 to 4 capsules per day.
- Older and larger children may see the most benefits with 4 to 6 capsules per day.
- Consider increasing dosage until no additional benefits are noted, at that point revert back to the prior weeks' dosage.
- Increased benefits are often noted at higher dosages.

Possible Side Effects typically associated with omega-3 and vitamin E supplements (not unique to speak™)

Moodiness, irritability, and emotional outbursts are sometimes reported in children during the first few days/weeks of omega-3 supplementation; however, this usually comes with increased babbling, imitation of sounds, and eventually words to sentences. Some children may experience loose stools when they begin supplementation with oil-based capsules; this usually resolves quickly.

Why is NourishLife speak™ unique?

Omega-3 is found in many forms and combinations including high EFA, high EPA, and omega-3,6,9. While these may be beneficial for the general population, they do not contain the additional nutrients necessary for the unique population of children facing speech and coordination challenges. The higher, therapeutic dose of vitamin E contained in speak™ is a critical component working synergistically with omega-3 to reduce oxidation and inflammation. Conversely, the vitamin E found in most omega-3's is simply used as a natural preservative. Due to the natural blood thinning effects of omega-3 and vitamin E, vitamin K (a natural blood coagulant) is included in speak™ as well.

Developed by a pediatrician and noted researcher, the unique omega-3 and vitamin E formulation found in speak™ is patented by the Children's Hospital and Research Center Oakland (CHRCO), an internationally renowned biomedical research facility and presented as NourishLife speak™.

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. ©2010 NourishLife LLC



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