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# **BRAIN FOOD**

## **Essential for Pregnant Women**

Brain Food is an essential supplement for pregnant and nursing women because it contains DHA, one of the important omega-3 fats necessary for baby's brain development.

All jokes aside, our brains are made largely of DHA fat, and rapidly growing fetuses and infants need extra DHA to build large and healthy brains.

Clinical studies support the safety of DHA supplements taken during pregnancy and while nursing, and DHA supplements targets mother's looking to have babies with better visual, motor, and cognitive skills.

Brain Food is highly purified, so there is no risk of contamination with mercury or other toxins typically associated with consuming fish or taking commercially available fish oil supplements.

As an omega-3 supplement, DHA is also good for Mommy.

Usual dosage: take one to two capsules, 1 to 2 times daily, as directed by your healthcare professional.