

How To Read **speak**™ Supplement Facts

%DV (Daily Value) indicates the percentage of a nutrient that a serving contributes toward the RDA (Recommended Daily Amount). The RDA is the intake level of a nutrient that is sufficient to prevent a nutritional deficiency in a healthy population. The RDA is set to prevent deficiency, not supplement the diet. For children with special nutritional needs, it may be necessary to take many times the RDA due to malabsorption issues and/or increased nutrient needs.

The d-alpha tocopherol form of Vitamin E is measured in International Units (IU). D-alpha is a powerful antioxidant working in the lipid portion of cell membranes. Without adequate levels of d-alpha, omega-3 fats oxidize and are unlikely to remain in a functional form. Experts state that doses of 3000 IU of d-alpha tocopherol per day are safe for a 3 year old child.

Speak™ contains two different types of Vitamin E: d-alpha tocopherol and gamma tocopherol. Most supplements contain only the d-alpha form. Gamma tocopherol provides protection against nitrogen-based free radicals which alpha tocopherol cannot do. The two nutrients work synergistically to prevent oxidation of the fat-containing outer layer of cells and enhance the health benefits of omega-3.

Vitamin K1 (Phytonadione) plays a key role in blood coagulation and is included along with vitamin K2 due to the potential blood thinning effects of omega-3 and vitamin E. Vitamin K2 (Menaquinone) is produced by bacteria in the gut and absorbed in the intestines. They both are fat-soluble vitamins whose main role is to assist in blood clotting and bone mineralization.

EPA and DHA always occur together in nature and work synergistically in the body. EPA provides metabolic support for proper nerve & brain cell function while DHA provides structural support. Residing primarily in cell membranes, EPA supports immune and inflammatory conditions. DHA is primarily found in brain cell membranes and supports brain function. These highly functional omega-3 fats and vitamin E are needed to counteract malabsorption and oxidative stress.

GLA (gamma linolenic acid) is a polyunsaturated fatty acid derived from borage oil, which is extracted from the seeds of the starflower. GLA has many benefits to the body, one most important being the support of the immune system and inflammatory response.

Supplement Facts

Serving Size: 2 softgel capsules

Servings per container: 30

Amount Per Serving	2 softgels	%DV*	%DV**
Calories	20		
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 (as K1 and K2)	2.3 mg	+	2,875
Omega-3 Fatty Acids			
EPA (Eicosapentaenoic Acid)	725 mg	+	+
DHA (Docosahexaenoic Acid)	275 mg	+	+
GLA (Borage Oil)	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 (derived from refined soybean oil), borage 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

The "+" indicates that no standard has been issued by the US government for these nutrients, particularly in the case of omega-3.

This list, ranked in order of greatest to least weight, indicates all ingredients contained in speak™.

This list indicates the ingredients that are not present in the speak™ formula.

nourishlife™

SpeechNutrients **speak**™