



Docosahexaenoic acid (DHA) is one of the most important polyunsaturated omega-3 fatty acids for everyone. However, the body cannot produce it in adequate amounts, and it needs to be obtained from diet or supplementation.

## Nutriline DHA Gummy

Nutriline DHA Gummy is a plant-based supplement that supports your brain, eye, heart, and overall health in this ONE PRODUCT with just 2 gummies a day, for adults and children above 4 years!  
One gummy provides you with 50mg of DHA.

With our smartphones with us all the time, we spend long hours of screen time which easily causes neck and shoulder soreness. Additionally, it brings physical strain to our eyes and weakens the brain's ability to rest. Our busy and fast-paced lifestyles also cause bad habits to form, such as an unbalanced diet and lack of exercise, which will also affect our cardiovascular and overall health.

Your body may need DHA to supplement your health to tackle the effects of long screen time and lack of a balanced diet and regular exercise.

### Did you know?

Singaporeans spend an average of 3h 12min on their mobile phones a day!<sup>1</sup>

25% of Singaporeans above 30 years old have high blood pressure (of which there are no fixed symptoms to this illness)!<sup>2</sup>

## HOW DOES DHA HELPS?



### Brain Health

improves brain function and mood (learning, memory, and brain development) as the fatty acid facilitates communication between brain cells<sup>3</sup>



### Heart Health

DHA helps develop cardiovascular systems and maintain a healthy level of triglycerides by reducing blood pressure and cholesterol in people with high levels<sup>4</sup>, often caused from lack of balanced diets and exercise



### Eye Health

DHA provides more than 1/3 of fatty acids in the retina and improves dry eyes and decreases contact lens discomfort as it changes the permeability, fluidity and thickness of your eye membranes<sup>4</sup>



### Overall Health

DHA helps develop the central nervous system and has anti-inflammatory properties and effects that reduces muscle soreness<sup>4</sup> at neck and shoulder areas from long hours of screen time

Nutriline DHA Gummy is suitable for those who



Dislike fishy smell upon consumption



Allergic to seafood



Fear risk of contamination with mercury (from fish)



Plant-based diet

### Why choose Nutrilite DHA Gummy?



Orange-flavoured and individually packed for freshness



Centre-filling technology, captures DHA and prevents oxidation



Vegan, Vegetarian-friendly



Gluten-free, Sugar-free



No added colours or preservatives

Age (year)	Recommended Amount (DHA+EPA)	No. of gummies (1 gummy=50mg)
(4-12)	100mg - 200mg	2-4 gummies
Adults	250mg-1000mg	5-20 gummies

Note: This table only serves as a recommended amount. Reference from FAO, AHA

References:

<sup>1</sup>Straits Times: People in Singapore Spend Over 12 Hours On Gadgets Daily: Survey.

<https://www.straitstimes.com/singapore/12hr-42min-connected-for-hours>

<sup>2</sup>HealthHub: High Blood Pressure. <https://www.healthhub.sg/a-z/diseases-and-conditions/53/highbloodpressure#:~:text=Hypertension%20is%20a%20fairly%20common,in%202%20persons%20have%20hypertension.>

<sup>3</sup>Healthline: Should kids take Omega-3 Supplements? <https://www.healthline.com/nutrition/omega-3-for-kids#benefits-for-kids>

<sup>4</sup>Healthline: 12 Health Benefits of DHA. [https://www.healthline.com/nutrition/dha-benefits#TOC\\_TITLE\\_HDR\\_9](https://www.healthline.com/nutrition/dha-benefits#TOC_TITLE_HDR_9)