



PRESS RELEASE

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Source Naturals Introduces Vegetarian DHA *Non-Fish, Plant-Based Omega-3 Supplement*

SCOTTS VALLEY, Calif. – December 16, 2009 – The plant world provides some of nature's greatest nutrients. The powers of *omega-3* fatty acids, often obtained from fish oils, can also be harnessed from sustainable algae. Source Naturals introduces Vegetarian DHA, which provides a unique, completely vegetarian form of docosahexaenoic acid (DHA) with Neuromins®, in a vegetarian capsule.

DHA is an essential part of all cells in the body. It supports wellness and healthy aging, as it has been shown to reduce inflammation caused by metabolic imbalances and to support heart health. It may increase fatty acid breakdown and insulin sensitivity, supporting the body's metabolic and sugar regulatory processes.

Guy Devin, Ph.D., National Science Educator for Source Naturals says, "This critical *omega-3* fatty acid plays a significant role in brain development, especially during fetal development and infancy." It has been shown that pregnant mothers transfer DHA directly to the fetus, via the placenta, and to the newborn via breast milk. Optimal levels of DHA in the bloodstream of pregnant women and the breast milk of nursing mothers are crucial to infants.

The algal oil contained in Vegetarian DHA provides balanced support for eight of the 12 deep SystemiCare™ body systems identified by Source Naturals as necessary for optimal health: Immunity, Circulation, Cells/DNA, Cognition/Nerves, Sugar Regulation, Metabolism/Hormones, Inflammation Response and Structure/Connective Tissue.

Vegetarian DHA is available in three sizes: 30 softgels for \$19.98, 60 softgels for \$38.50 and 120 softgels for \$74.98. To learn more about Source Naturals and Vegetarian DHA, or to find purchase locations, please visit www.sourcenaturals.com

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About Source Naturals

Founded in 1978, Source Naturals is committed to enhancing individuals' potential to enjoy optimal health and well-being by providing superior quality dietary supplements and nutritional education. For more information or purchase locations, please visit www.SourceNaturals.com.