



Highly Purified omega-3 formulation for school-aged children in delicious liquid or capsule form

Why do children need omega-3?

There is a critical need for EPA and DHA omega-3s during the formative years of life, and this is the time when most children under-consume these vital nutrients. Ultra-purified and formulated to provide maximum benefits in school-aged boys and girls, **learn** gives your child essential nutritional support needed for growing children.†

How is learn different from other medications I've been hearing about?

The omega-3s in **learn** are nutrients, not drugs. EPA and DHA work with the body's systems to promote optimal health over time; they do not force biochemical processes for immediate relief of symptoms. Further, omega-3 does not interfere with sleep or appetite. **Learn** is a customized, research-based omega-3 formula that provides an optimal ratio of EPA and DHA in the greatest concentration per teaspoon or capsule, which means your child can get greater benefits from fewer servings.†

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† **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.**



Important facts to know:

- The opportunity for your child to benefit is *now*.
- Many children today are born with too little omega-3s. The ideal time to build and maintain vital levels of these essential nutrients is during their growing years. These nutrients must be consumed on a regular basis.
- Omega-3s are *nutrients*, not drugs.
- EPA and DHA work together in the body and work best *together*.
- Side effects are not noted with regular intake of these nutrients; they are non-stimulating.
- These "good" fats are required for normal child development. The body doesn't make them and they must be consumed through diet or supplements. The typical North American food supply is lacking in these nutrients.



Easy to Swallow Capsules



Delicious Smooth Lemon Liquid

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learn



Highly Purified omega-3 formulation

Learn is:

- Highly purified and concentrated
- Specifically formulated for school-aged children
- Research based to provide an optimal ratio of EPA and DHA

Dosage Recommendations:

Take 2 to 4 teaspoons daily with a meal or snack or 2 capsules with water.

Toddlers and smaller children may see the most benefits with 1 capsule or 2 teaspoons per day while older and larger children may see the most benefits with 2 capsules or 4 teaspoons daily. Optimal benefits may be seen after supplementation for a minimum of 4 months and may continue with ongoing supplementation. †

Purity

At lifetrients, we are omega-3 specialists. We know that if you want all the health benefits of omega-3 you need to take a supplement that is held to a higher standard. The highly purified omega-3 fish oil in **learn** surpasses all US and EU standards for purity and quality. The purity and concentration of **learn** is confirmed by third party laboratories.

Learn is:

- Doctor recommended
- Non-stimulating
- Ultra-purified and molecularly distilled
- Free of mercury, PCBs, and other contaminants
- Gluten free
- Sugar free
- Lactose free
- Yeast free
- Free of food allergens
- Free of artificial flavors, artificial colors, and artificial preservatives
- Safe and effective for boys and girls
- Delicious and easy to take



Supplement Facts

Serving Size: 1 Softgel
Servings per container: 60

	Amount Per Serving	%DV
Calories	8	†
Calories from Fat	6.3	†
Total Fat	0.700 g	1%
Refined Fish Oil Concentrate (EE)	700 mg	†
Total Omega-3 (EE)	500 mg	†
Eicosapentaenoic Acid (EPA) (EE)	265 mg	†
Docosahexaenoic Acid (DHA) (EE)	140 mg	†
Other Long Chain Fatty Acids (EE)	95 mg	†
* Percent Daily Values (DV) based on a 2000 calorie diet.		
† %Daily Value not established		

Other Ingredients: gelatin, glycerin, proprietary antioxidant blend (rosemary extract, mixed tocopherols, ascorbyl palmitate) purified water and lemon oil. Contains fish: Mackerel, sardines, smelts, salmon and anchovy.

Free of: milk or milk by-products, egg or egg by-products, shell fish and shellfish by-products, tree nuts, wheat and wheat by-products, peanuts and peanut by-products and soy and soy by-products.

Supplement Facts

Serving Size: 2 tsp (10 mL)
Servings per container: 21

	Amount Per Serving	%DV
Calories	40	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	20 mg	6%
Total Carbohydrate	4 g	1%*
Sugar Alcohol	3 g	†
Vitamin E	4 IU	13%

Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA)	440 mg	†
Docosahexaenoic Acid (DHA)	280 mg	†
Other Omega-3 Fatty Acids	180 mg	†

* Percent Daily Values (DV) based on a 2000 calorie diet.

† %Daily Value not established

Ingredients: Water, fish oil (Anchovy, Sardine and /or Mackerel), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), rosemary extract and ascorbyl palmitate), turmeric, and sorbic acid.

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

Made with non-GMO ingredients

 Made in the USA



Easy to Swallow Capsules

Delicious Smooth Lemon Taste and Texture