

needed.®

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of **Omega-3+ (vegan) capsules.**

Needed.® is a nutrition company on a mission to empower real nourishment in women on their motherhood journey. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at thisisneeded.com. If you have questions, drop us a note at practitioners@thisisneeded.com.



Supplementing with Omega-3 (DHA + EPA), Choline, Lutein and Zeaxanthin **before, during, and after pregnancy is needed.**

- ✓ 95% of US women of childbearing age are failing to meet their Omega-3 needs¹
- ✓ 70% have a DHA value of less than 5% of red blood cell fatty acids, putting them at risk for preterm birth²
- ✓ EPA and DHA perform different functions and both are needed³
- ✓ 95%+ of pregnant mamas aren't meeting their needs for Choline⁴
- ✓ Many studies suggest Choline intake above 930mg per day is optimal; Yet, on average, pregnant mamas consume just 320mg in their diet⁵
- ✓ Average intake of Lutein and Zeaxanthin (1 to 3mg per day) is far less than the recommended 10mg of Lutein and 2mg of Zeaxanthin for adults⁷
- ✓ The need for these nutrients increases during pregnancy, and they continue to play an important role after birth⁷

Omega-3 (DHA + EPA), Choline, Lutein, and Zeaxanthin **work synergistically together to support:**



mama's fertility, hormone balance, and egg health



optimal brain, nerve, and eye development in baby; carrying baby to full-term



healthy breastmilk nutrient levels



mama's mood, brain and eye function, and overall recovery



mama's fertility and health for years to come

Needed's Omega-3+ (vegan) capsules are an optimal addition to your perinatal routine:

- ✓ Optimal nutrients forms and pairings:
 - Omega-3 (DHA + EPA) from algae
 - Choline as Choline Bitartrate in plant based beadlets for nutrient protection and absorption
 - Lutein and Zeaxanthin from marigold
- ✓ Sustainable, clean sourcing
- ✓ Bergamot-flavored for pleasant taking
- ✓ Expertly formulated in partnership with naturopathic and functional medicine doctors, other health practitioners, and researchers
- ✓ Every batch is third-party tested

“The research around the cognitive benefits of these nutrients is so compelling. I am so excited to see them together in a single product.”

— HILLARY BENNETTS, POSTPARTUM NUTRITIONIST AND MAMA

Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit thisisneeded.com/pages/practitioner.

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Shaw GM, Carmichael SL, Yang W, Selvin S, Schaffer DM. Periconceptional dietary intake of choline and betaine and neural tube defects in offspring. *Am J Epidemiol*. 2004 Jul 15;160(2):102-9. doi:10.1093/aje/kwh187. PMID: 15234930.

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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Per Serving (2 Capsules)		Per Day (4 Capsules)	
	Amount	% DV	Amount	% DV
Calories	15		25	
Total Fat	1.5 g	3%†	2.5 g	6%†
Choline (as VitaCholine™, VidaSpheres® Beadlet Technology)	100 mg	18%	200 mg	
Omega-3 Fatty Acids (from algal oil)	550 mg	**	1100 mg	**
DHA (docosahexaenoic acid)	400 mg	**	800 mg	**
EPA (eicosapentaenoic acid)	100 mg	**	200 mg	**
Lutein (from marigold)	10 mg	**	20 mg	**
Zeaxanthin (from marigold)	2 mg	**	4 mg	**

† Percent Daily Value (DV) based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Vegetable Capsule, Cellulose, Rosemary Extract, Mixed Tocopherols, Bergamot Oil, and Silica. VidaSpheres® is licensed exclusively by Nutrancode, LLC VitaCholine™ is a trademark of Balchem Corporation.

How to Use: Take two or four capsules alongside a meal. Four capsules are highly supportive if your nutrient levels are low or if you are really falling short in food consumption (fish for DHA + EPA, eggs and liver for Choline, eggs and 8+ servings per day of green leafy vegetables for Lutein and Zeaxanthin).

Our Products Work Best Together.

We designed our Omega-3 to be taken with our Prenatal Multi, Collagen Protein, and Pre/Probiotic. Together, these products optimally nourish mama and baby before, during, and after pregnancy – and beyond.



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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.

We also offer a Powdered Omega-3. Powder or Pills, What's the Difference?

Needed Omega-3 Liposomal Powder



Needed Omega-3+ Capsules

- ✓ 1 daily packet=450mg Omega-3 DHA + EPA from algae
- ✓ Clinically-proven 5x better absorbed than standard pills, thanks to liposomes
 - ✓ Liposomes are nature's way of optimally delivering Omega-3 (like in breastmilk)
- ✓ Liposomes also protect Omega-3 from oxidation.
- ✓ Unflavored powder that blends perfectly with our Prenatal Multi Powder and Collagen Protein in smoothies and more
- ✓ No pill fatigue. Easy to take in all trimesters.
- ✓ Vegan and sustainably-sourced.
- ✓ Expertly-formulated. Third-party batch-tested.

- ✓ 2 capsules=500mg Omega-3 DHA + EPA from algae
- ✓ Better absorbed than standard pills
- ✓ Paired with synergistic nutrients: Choline (100mg), Lutein (10mg), and Zeaxanthin (2mg) for added support of mama and baby
- ✓ Nutrient pairings prevent oxidation (rosemary extract+mixed tocopherols help with this, too)
- ✓ Bergamot-flavored for pleasant taking in all trimesters
- ✓ Vegan and sustainably-sourced
- ✓ Expertly-formulated. Third-party batch-tested.