



Algia™



DHA Oil & DHA Powder

Puredia Algia™ DHA oil and DHA powder are solely produced from microalgae. It is a natural, sustainable and free from environmental pollution vegetarian source of Docosahexaenoic acid (DHA). DHA is a polyunsaturated omega-3 fatty acid that is found throughout the body. It is a major structural component of eyes and brain (about 93% and 97% of total Omega-3 fats in the retina and brain are composed of DHA respectively). It is also an important

building block of heart tissue and is naturally found in breastmilk. Various research studies have confirmed that regular intake of dietary DHA can enhance the health of people from all ages, including infants ,adults and the elderly. Numerous official authorities around the world have recommended a daily intake of DHA from 200 to 500mg.

Products	Specification	Recommended Dosage	Quantity Required to Meet RDI for Adult (250mg)	
Algia™ DHA Oil	DHA ≥ 40% / 50% / 60%	200mg - 600mg	40%	625mg
			50%	500mg
			60%	420mg
Algia™ DHA Powder	DHA ≥ 10% / 20% / 30%	0.5g - 2.5g	10%	2.50g
			20%	1.25g
			30%	0.85g

FEATURES

- **Genus:** Schizochytrium
- The only vegetarian and vegan source of DHA. It is also non-GMO and free from allergens.
- Sustainable and Ocean Friendly – Produced from biofermentation without any sustainability and environmental issues with marine-sourced oil.
- Manufactured in a pharmaceutical grade facility, certified with GMP, ISO9001, ISO14001, ISO22000 and HACCP.
- Produced in a strictly controlled environment, Puredia Algia™ DHA oil is guaranteed to be the highest quality, safe and trusted DHA omega-3 oil.
- Algia™ DHA oil is refined to make it decolorized and deodorized



HEALTH INDICATIONS

General Health

- Supports normal brain function
- Supports healthy eyes and vision
- Supports normal heart function
- Maintains normal blood pressure
- Maintains normal blood triglycerides levels




Pre & Postnatal Health

- Contributes to normal brain development
- Contributes to normal visual development
- Contributes to normal eye development

Recommended Dosage Of DHA Suggested By European Food Safety Authority (EFSA)¹

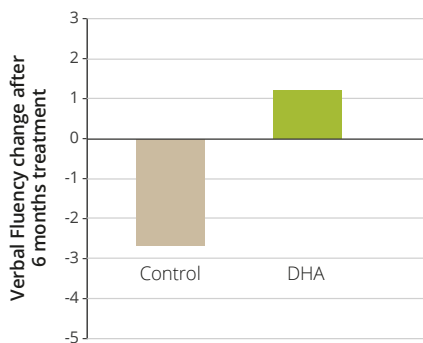
General Adult Population	250 mg DHA/EPA per day
Pregnant & Lactating Women	100-200 mg DHA per day in addition to general adult requirements
Children 7-24 months	100 mg DHA per day
Children 2-18 years	250 mg DHA/EPA per day

Sources of Omega-3 Fatty acids

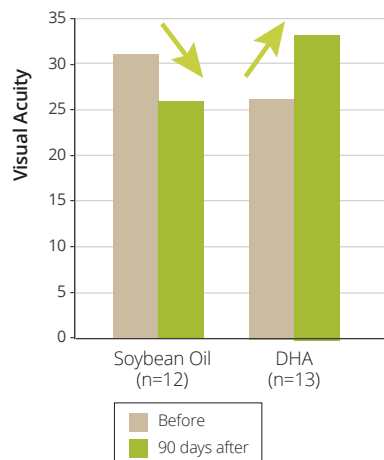
	 Fish Oil	 Krill Oil	 Puredia Algia™ Oil / Powder
Sustainable & environmentally friendly	X	X	✓
No concern for heavy metals, PCBs, or other toxins	X	X	✓
No fishy smell or taste	X	X	Mild
Allergen free (Fish or crustaceans)	X	X	✓
Suitable for Infants and Pregnant Women	X	X	✓
Suitable for Vegetarian and Vegan	X	X	✓

HEALTH INDICATIONS AND CLINICAL EVIDENCE

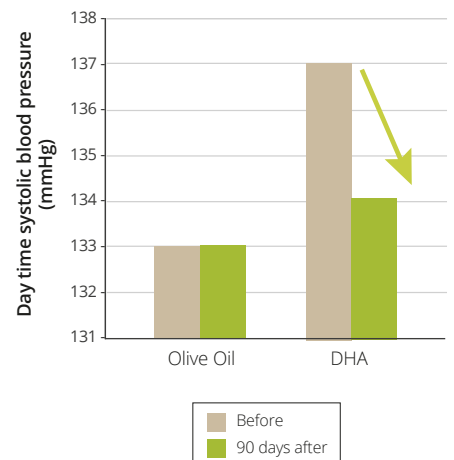
» MAINTAINS NORMAL BRAIN FUNCTION² 1»



» MAINTAINS NORMAL VISION³



» ENHANCES CARDIOVASCULAR HEALTH⁴



¹ European Commission Website

² Sinn, Natalie, et al. "Effects of n-3 fatty acids, EPA v. DHA, on depressive symptoms, quality of life, memory and executive function in older adults with mild cognitive impairment: a 6-month randomised controlled trial." British Journal of Nutrition 107.11 (2012): 1682-1693.

³ Stough, Con, et al. "The effects of 90-day supplementation with the omega-3 essential fatty acid docosahexaenoic acid (DHA) on cognitive function and visual acuity in a healthy aging population." Neurobiology of aging 33.4 (2012): 824-e1.

⁴ Mori, Trevor A., et al. "Docosahexaenoic acid but not eicosapentaenoic acid lowers ambulatory blood pressure and heart rate in humans." Hypertension 34.2 (1999): 253-260.