



Dosage Information

Dosage Recommendations:

Suggested dosage plan for getting started with speak. Continue with established dosing at 12 weeks and beyond:

Week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12+
Number of speak capsules (mL) per day	1 (1.5 mL)	1 (1.5 mL)	2 (3 mL)	2 (3 mL)	3 (4.5 mL)	3 (4.5 mL)	4 (6 mL)	4 (6 mL)	5* (7.5 mL)	5* (7.5 mL)	6* (9 mL)	6* (9 mL)

* Start with 1 capsule of speak daily. After 2 weeks increase the serving to 2 capsules daily until reaching a possible serving of 6 capsules per day over 12 weeks and beyond.

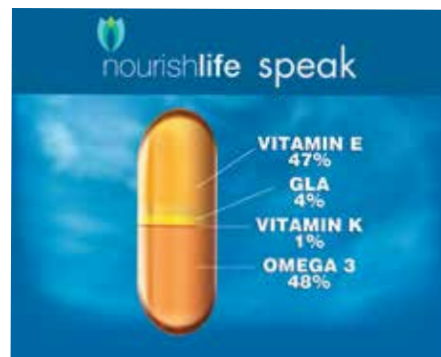
- Begin with one speak capsule (1.5 mL) daily with food and increase slowly.
- Serving size for toddlers and smaller children typically ranges from 2 - 4 capsules/day (3 to 6 mL).
- Serving size for older and larger children typically ranges from 4 - 6 capsules/day (6 to 9 mL).
- It is recommended to administer speak for a minimum of 4 months.

Why is speak unique?

Omega-3 is found in many forms and combinations including high EPA, high EPA, and omega-3,6,9. While these may be beneficial for the general population, they do not contain additional nutrients in doses and ratios specifically developed for the unique population of children with special nutritional requirements. The higher amounts of the two forms of vitamin E contained in speak are critical antioxidants working alongside omega-3 to support neurological health and provide essential nutrition. In addition, K1 and K2 (natural blood coagulants) are included in the formulation for nutrient balance due to the theoretical blood thinning effects of omega-3 and vitamin E.†

Each concentrated serving contains 725 mg EPA, 275 mg DHA omega-3s, 500 IU d-alpha tocopherol, 200 mg gamma tocopherol (vitamin E), 2.3 mg vitamin K (K1 and K2), and 60 mg GLA.

† 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. ©2016 NourishLife LLC









What are the nutrients in speak?

Here's what you get in...

1

speak® serving

	1- vitamin E CONTAINING.....> 200 mg gamma tocopherol
	2- vitamin E CONTAINING.....> 500 IU d-alpha tocopherol
	3- omega-3 725 mg EPA CONTAINING.....> and 275 mg DHA eicosapentaenoic acid docosahexaenoic acid
	1- GLA CONTAINING.....> 60 mg GLA gamma linolenic acid
	1- vitamin K 1 CONTAINING.....> 2 mg phytonadione
	1- vitamin K 2 CONTAINING.....> 300 mcg menaquinone

The proprietary speak formulation includes 7 nutrients in doses and ratios designed for children with special nutritional requirements. This precise combination of highly concentrated ingredients is conveniently offered in softgel capsules, twist off capsules which allow the oil to be squirted directly into a child's mouth or easily mixed with foods or liquids, or pure oil which can be poured directly from the bottle.†



Softgel Twist Off Pure Oil



Supplement Facts

Serving Size: 2 softgel capsules (3 mL)
 Servings per container: 30

Amount Per Serving	2 softgels (3mL)	%DV for Children under 4 years of age	%DV for Adults and Children 4 or more years of age
Calories	20		
Total Fat	5 g		2
Polyunsaturated Fat	2 g		
Vitamin E			
(as d-alpha tocopherol)	500 IU	5,000	1,665
(as Gamma tocopherol)	200 mg	+	+
Vitamin K (as K1 and K2)	2.3 mg	+	2,875
Omega-3 Polyunsaturated Fatty Acids			
Eicosapentaenoic Acid (EPA)	725 mg	+	+
Docosahexaenoic Acid (DHA)	275 mg	+	+
Omega-6 Polyunsaturated Fatty Acids			
Gamma-linolenic acid (GLA)	60 mg	+	+

*Based on Daily Values for Children less than 4 years of age
 **Based on Daily Values for Children 4 or more years of age
 †Daily Value not established

What about purity?

We partner with the world's most esteemed producers of omega-3 fish oil for the speak formulation. The oil used is cold extracted, highly refined, ultra-purified and molecularly distilled. Lab results are confirmed by third party tests. The omega-3 used meets or exceeds U.S. and European standards for purity, complies with California Prop 65, and meets and exceeds the GOED (Global Organization for EPA and DHA) monograph.

NourishLife is NSF certified for GMP

NSF International's GMP Registration Program enables manufacturers to become independently registered by NSF to meet GMP requirements. Good Manufacturing Practices (GMPs) are guidelines that provide a system of processes, procedures and documentation to assure a product has the identity, strength, composition, quality and that appear on its label.



Ingredients: Fish oil concentrate (ultra purified fish oil omega-3), d-alpha, gamma and natural mixed tocopherols, borage oil, natural orange or lemon flavor, phytonadione, menaquinone. Capsule contents: gelatin, purified water USP, glycerin USP.

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