



speak[®]+d

special pufa e and k



Directions for Use

Start with ½ tablespoon daily. After 2 weeks increase serving to 1 tablespoon daily continuing to increase by ½ tablespoon increments every two weeks until reaching a possible serving of 3 tablespoons daily, divided throughout the day.

speak [®] +d Smooth	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12 and beyond
Number of TABLESPOONS per day	½	½	1	1	1½	1½	2	2	2½	2½	3	3
mL per day	7½	7½	15	15	22½	22½	30	30	37½	37½	45	45

Serving Comparison of speak[®]+d Capsules & Twists to speak[®]+d Smooth:

One tablespoon (15 mL) of speak+d Smooth equals 2 capsules or twists of speak. Replace your child's current speak serving size with the corresponding serving size of speak+d Smooth. Please refer to the chart to the right for the serving conversion:

number of speak CAPSULES	1	2	3	4	5	6
TABLESPOONS of speak+d Smooth	½	1	1½	2	2½	3
mL of speak+d Smooth	7½	15	22½	30	37½	45

Possible Side Effects typically associated with omega-3 and vitamin E supplements (not unique to speak+d)

Moodiness, irritability, and emotional outbursts are sometimes reported in children during the first few weeks of omega-3 supplementation but this typically rebalances after 1-2 weeks.[†]

Is there any sugar in speak+d Smooth, and if not, what is used as a sweetener?

Speak+d Smooth does not contain sugar and is sweetened with xylitol which is a natural, non-sugar sweetener. Among other benefits, xylitol may prevent bacteria from sticking to teeth. These anti-microbial benefits have been shown to positively affect the GI system.[†]

[†] *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.* ©2022 Lifetrients, LLC

- Consuming 1 tablespoon, 2 to 3 times per day is suggested for maximum effectiveness. Regular supplementation throughout the day is optimal.[†]
- Toddlers and smaller children may see the most benefits with 1-2 tablespoons daily.[†]
- Older and larger children may see the most benefits with 2-3 tablespoons daily.[†]
- speak+d[®] Smooth may be taken on its own, or it can be blended with non-heated foods (e.g., pudding, yogurt) or liquids for consumption.
- Keep refrigerated.



Nutrient Information Smooth



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speak+d's Unique Proprietary Formula

The speak+d formulation includes 7 nutrients in optimal doses and ratios. This precise combination of highly-purified and concentrated ingredients is conveniently offered in softgel capsules, twist-off capsules, or liquid.

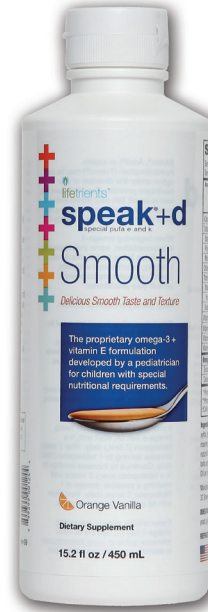
What are the nutrients in speak+d?

Here's what you get in 1 tablespoon of

speak Smooth



vitamin E CONTAINING	200 mg gamma tocopherol
vitamin E CONTAINING	500 IU d-alpha tocopherol
omega-3 CONTAINING	725 mg EPA (eicosapentaenoic acid) and 275 mg DHA (docosahexaenoic acid)
vitamin D 3 CONTAINING	800 IU cholecalciferol
vitamin K 1 CONTAINING	1 mg phytonadione
vitamin K 2 CONTAINING	150 mcg menaquinone



Why is speak+d unique?

Omega-3 is found in many forms and combinations including high EFA, high EPA, and omega-3, 6, and 9. While these may be beneficial for the general population, they do not contain additional nutrients in doses and ratios necessary for unique populations of children with special nutritional requirements. The higher amounts of the two forms of vitamin E contained in speak+d are critical antioxidants working with omega-3 to support neurological health and provide essential nutrition. Experts agree that vitamin D3 in certain populations is of particular importance and benefit. In addition, due to the theoretical blood thinning effects of omega-3 and vitamin E, vitamin K (a natural blood coagulant) is included in the formulation.[†]

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Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings per container 30

Amount Per Serving		%DV for Children ages 1-3	%DV for Adults and Children 4 or more years of age
Calories	60		
Total Fat	4.5 g	11%**	6%*
Saturated Fat	1 g	11%**	6%*
Polyunsaturated Fat	2 g	†	†
Monounsaturated Fat	1 g	†	†
Cholesterol	30 mg	10%	10%
Total Carbohydrate	5 g	3%**	2%*
Total Sugars	0 g	†	†
Includes 0g Added Sugars		0%	0%
Sugar Alcohol	4 g	†	†
Vitamin D3	20 mcg (800 IU)	133%	100%
Vitamin E	536 mg	8933%	3573%
(as d-alpha tocopherol)	336 mg (500 IU)	†	†
(as gamma tocopherol)	200 mg	†	†
Vitamin K (as K1 and K2)	1150 mcg	3833%	958%

Omega-3 Polyunsaturated Fatty Acids

Eicosapentaenoic Acid (EPA)	725 mg	†	†
Docosahexaenoic Acid (DHA)	275 mg	†	†

*Percent Daily Values (DV) based on a 2000 calorie diet.
**Percent Daily Values (DV) based on a 1000 calorie diet.
†Daily Value not established

Ingredients: Water, fish oil (anchovy, sardine and/or mackerel), xylitol, glycerine, antioxidant blend (natural mixed tocopherols, rosemary extract, ascorbyl palmitate, and green tea extract), natural flavors, gum arabic, citric acid, xanthan gum, guar gum, beta carotene, sorbic acid, Vitamin K1 (Phytonadione), Vitamin D3 (as cholecalciferol), and Vitamin K2 (Menaquinone 7).

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

KEEP REFRIGERATED



Manufactured in
cGMP Registered
U.S.A. Facility