

# Dosage Information Smooth



## SpeechNutrients speak™

### Directions for Use

Start with ½ tablespoon daily. After 2 weeks increase dosage to 1 tablespoon continuing to increase by ½ tablespoon increments every two weeks until reaching a possible dosage of 3 tablespoons daily.

speaking 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

### Dosage Conversion from speak Capsules to speak Smooth:

One tablespoon (15 ml) of speak smooth equals 2 capsules of speak. Replace your child's current speak dosage with the same dosage of speak smooth. Please refer to the chart to the right for the dosage conversion:

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

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

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 and can be seen as a beneficial sign.

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

Speak Smooth does not contain sugar and is sweetened with xylitol which is a natural, non-sugar sweetener. Among other benefits, xylitol prevents bacteria from sticking to teeth, which can protect against tooth decay. These anti-microbial benefits can also 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. ©2013 NourishLife 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™ smooth may be taken on its own, or it can be blended with non-heated foods (e.g., pudding, yogurt) or liquids for consumption.
- Store product in a cool, dry place away from sunlight. Refrigerate after opening.



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# Nutrient Information Smooth



## SpeechNutrients speak™

### Speak's Unique Proprietary Formula

The patent-pending speak™ formulation includes 7 nutrients in doses and ratios determined to be most effective. This precise combination of hypo-allergenic, all-natural ingredients is conveniently offered in softgel capsules, twist-off capsules, or liquid.



Developed by a pediatrician and noted researcher, the unique omega-3 + vitamin E formulation contained in speak™ is produced under exclusive license to a patent-pending formulation developed by the Children's Hospital & Research Center Oakland (CHRCO).

### What are the nutrients in speak™ ?

Here's what you get in 1 tablespoon of

**speak™ Smooth**



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



### Supplement Facts

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

Amount Per Serving	1 Tbsp	%DV for Children under 4 years of age	%DV for Adults and Children 4 or more years of age
Calories	60		
Calories from Fat	45		
Total Fat	5 g		8*
Saturated Fat	1 g		5*
Trans Fat	0 g	+	+
Polyunsaturated Fat	2 g	+	+
Monounsaturated Fat	1 g	+	+
Cholesterol	30 mg		10
Sodium	15 mg		1
Total Carbohydrate	5 g		2*
Sugars	0 g	+	+
Vitamin E			
(as d-alpha tocopherol)	500 IU	5,000	1,665
(as Gamma tocopherol)	200 mg	+	+
Vitamin K	2.3 mg	+	2,875
<b>Omega-3 Polyunsaturated Fatty Acids</b>			
Eicosapentaenoic Acid (EPA)	725 mg	+	+
Docosahexaenoic Acid (DHA)	275 mg	+	+
<b>Omega-6 Polyunsaturated Fatty Acids</b>			
Gamma-linolenic acid (GLA)	60 mg	+	+

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

### Why is speak™ 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 the additional nutrients in doses and ratios necessary 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 synergistically with omega-3 to support neurological health and provide essential nutrition. In addition the vitamin E found in most omega-3s is simply used as a natural preservative. In addition, due to the natural blood thinning effects of omega-3 and vitamin E, vitamin K (a natural blood coagulant) is included in speak™.

**Ingredients:** Oil Blend (fish oil [anchovy, mackerel and / or sardine], borage oil), water, xylitol, glycerine, gum arabic, natural orange flavor, d-alpha, gamma and natural mixed tocopherol, citric acid, xanthan gum, guar gum, beta carotene, sorbic acid, ascorbyl palmitate, phytonadione, menaquinone.

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