



MIGHTY MINDS

PHARMANEX KIDS PRODUCTS ARE THE SAFE, HASSLE-FREE WAY TO GIVE YOUR CHILD THE SUPPORT THEY NEED TO HELP THEM SUCCEED IN SCHOOL AND LIFE.



Mighty Minds is the premier solution for your child's brain, learning, and memory support.

MEET MIGHTY MINDS

Mighty Minds provides support for brain, learning, and memory development.* It's packed with scientifically proven amounts of essential fatty acids DHA and EPA, choline, and vitamin D₃. Plus, it's free from sugar and artificial flavors, colors, sweeteners, and preservatives, so you can rest assured it's both safe and effective. Your kids will love the tasty apple flavored soft chew. Backed by the trusted Pharmanex brand, it's your child's mind, mightier.

WHY YOU'LL LOVE IT

- Supports learning and memory development.*
- Promotes proper cognitive development and brain health.*
- Supports eye and vision function, which aids brain development.*
- Uses ultra-pure fish oil to ensure the product is free from harmful levels of toxins, contaminants, and heavy metals.
- Free from sugar, artificial colors, flavors, sweeteners, and preservatives.
- Unique, kid-friendly, soft-chew with higher doses of omega-3s and no sugar content, unlike traditional omega-3 gummies.
- Gelatin emulsion allows for higher omega-3 bioavailability.

WHAT POWERS IT

- **Omega-3 Fatty Acids from Fish Oil**—provide overall support for mental focus, memory, learning, mood, and cognitive health.
 - DHA—specifically supports brain, cognition, memory, learning, and vision.
 - EPA—provides added support for mood, behavior, emotional well-being, immune health, and working memory.

- **Choline**—supports mood, memory, neurotransmission, nervous system, and learning.
- **Vitamin D₃**—promotes healthy growth and development.

HOW TO USE IT

- Children 2–12 may enjoy one (1) soft chew each morning.
- Children 4–12 may enjoy a second (2) soft chew each evening, as desired. For best results, take with food.

LEARN MORE ABOUT IT

Why does my child need Mighty Minds®?

Aren't these nutrients found in a healthy diet?

While it's possible to get the choline, omega-3 fatty acids, and vitamin D crucial for proper brain development from a healthy diet, most children don't. Over 90% of the U.S. population 2+ years of age have suboptimal intakes of choline. Your child is also unlikely to be getting an adequate amount of omega-3 fatty acids EPA and DHA unless they eat fish regularly. Many kids also lack vitamin D because of limited sun exposure. Plus, the ultra-pure formula is free from harmful levels of toxins, contaminants, and heavy metals.

Why is Mighty Minds formulated with high DHA?

Mighty Minds provides a DHA-rich source of omega-3s scientifically proven to support brain health. During the crucial brain development years, your child needs nutritional support. DHA promotes proper cognitive and brain health, plus eye and vision function, which both directly affect brain development.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Why is Mighty Minds formulated with choline?

Choline is an essential nutrient, so it must be obtained from dietary sources or supplementation to meet needs of growing children. Unfortunately, many individuals are deficient. Choline is important for brain development by acting as a precursor for a neurotransmitter called acetylcholine. This important messenger in the brain is involved in memory, learning, and much more. Choline also contributes to brain cell structure, so it is vital to make sure your kids get enough choline for their brain health needs.

Does my child need to take Mighty Minds with food?

For best results, yes. We recommend taking Mighty Minds with food because it optimizes the fish oil, choline, and vitamin D₃ absorption.

How is Mighty Minds sweetened and flavored?

Mighty Minds is sweetened with safe amounts of xylitol, sorbitol, and stevia, and is flavored with a delicious natural apple flavor. It's free from sugar, artificial sweeteners, and artificial flavors.

Is Mighty Minds safe for children?

Of course! It was specifically designed for children with ingredients and doses scientifically proven to be safe. Mighty Minds is safe for children 2 years and older; however, children under the age of 2 should not take Mighty Minds.

How many soft chews can my child take per day?

We can safely suggest enjoying up to two (2) chews daily, depending on your child's age. Children ages 2–12 should enjoy one soft chew each morning. And children ages 4–12 may enjoy a second soft chew each evening, as desired.

Can my child take Mighty Minds with Jungamals®?

Yes! Mighty Minds is safe to take with Jungamals. In fact, for best results, we recommend taking both products since they provide complementary benefits.

Why does the Mighty Minds package say, "Keep out of reach of children.?"

Even though Mighty Minds is formulated specifically for children, it is best to store it out of reach of children to minimize the risk of exceeding the recommended dosage.

THE SCIENCE BEHIND IT

FISH OIL

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3. Innis SM: Omega-3 Fatty acids and neural development to 2 years of age: do we know enough for dietary recommendations? *J Pediatr Gastroenterol Nutr* 2009, 48 Suppl 1:S16–24.
4. Kuratko CN, Barrett EC, Nelson EB, Salem N, Jr.: The relationship of docosahexaenoic acid (DHA) with learning and behavior in healthy children: a review. *Nutrients* 2013, 5:2777–2810.
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6. Innis SM: Dietary (n-3) fatty acids and brain development. *J Nutr* 2007, 137:855–859.
7. Montgomery P, Burton JR, Sewell RP, Spreckelsen TF, Richardson AJ: Low blood long chain omega-3 fatty acids in UK children are associated with poor cognitive performance and behavior: a cross-sectional analysis from the DOLAB study. *PLoS One* 2013, 8:e66697.
8. McNamara RK, Able J, Jandacek R, Rider T, Tso P, Eliassen JC, Alfieri D, Weber W, Jarvis K, DelBello MP, et al: Docosahexaenoic acid supplementation increases prefrontal cortex activation during sustained attention in healthy boys: a placebo-controlled, dose-ranging, functional magnetic resonance imaging study. *Am J Clin Nutr* 2010, 91:1060–1067.
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- Richardson AJ, Burton JR, Sewell RP, Spreckelsen TF, Montgomery P: Docosahexaenoic acid for reading, cognition and behavior in children aged 7–9 years: a randomized, controlled trial (the DOLAB Study). *PLoS One* 2012, 7:e43909.
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CHOLINE

- Wallace TC, Fulgoni VL, 3rd: Assessment of Total Choline Intakes in the United States. *J Am Coll Nutr* 2016, 35:108–112.

- Zeisel SH, da Costa KA: Choline: an essential nutrient for public health. *Nutr Rev* 2009, 67:615–623.

VITAMIN D

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- Maddock J, Geoffroy MC, Power C, Hypponen E: 25-Hydroxyvitamin D and cognitive performance in mid-life. *Br J Nutr* 2014, 111:904-914.
- Nassar MF, Amin DA, Hamed AI, Nassar JF, Abou-Zeid AE, Attaby MA: Vitamin D status and scholastic achievement in middle age childhood. *J Egypt Soc Parasitol* 2012, 42:349-358

WARNINGS

Keep out of reach of children. Intended for human consumption only. Not intended for pets. Discontinue use and consult a physician if any adverse reactions occur. Store in a cool, dry place

Supplement Facts	Amount/serving		%DV for Children		Amount/serving	%DV for Children		
	Ages		2–3 yrs	4–12 yrs		Ages		2–3 yrs
Servings Per Container 30 Serving Size 1 Chew (1.68 g) Calories per serving 7 <small>† Percent Daily Values are based on a 1,000 calorie diet. †† Percent Daily Values are based on a 2,000 calorie diet. ‡ Daily Value not established. Not a significant source of Calcium, Iron, or Potassium.</small>	Total Fat 0.5g		1%†	1%††	Sugar Alcohols 0g		‡	‡
	Saturated Fat 0g		0%†	0%††	Protein 0g		0%†	0%††
	Trans Fat 0g		‡	‡	Vitamin D ₃ 5mcg (200 IU)		33%	25%
	Cholesterol 0mg		0%	0%	Choline 41.5mg (from choline bitartrate)		21%	8%
	Sodium 10mg		1%	0%	Ultra-pure fish oil concentrate 415mg		‡	‡
	Total Carbohydrate <1g		0%†	0%††	DHA (from fish oil) 200mg		‡	‡
	Dietary Fiber 0g		0%†	0%††	EPA (from fish oil) 80mg		‡	‡
	Total Sugars 0g		‡	‡				
	Incl. Added Sugars 0g		0%†	0%††				

OTHER INGREDIENTS: Xylitol, Purified Water, Gelatin, Sorbitol, Sunflower Oil, Trisodium Citrate, Natural Flavor, Stevia Glycosides (from Stevia Rebaudiana leaf extract), Beta Carotene (for color).

Free from artificial colors, flavors, sweeteners, and preservatives. Sugar-free

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