

Serving Information

Serving Recommendations:

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

speak	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 EFA, high EPA, and omega-3,6,9. While these may be beneficial for the general population, they do not contain the 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. Vitamins 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. Experts agree that vitamin D3 in certain populations is of particular importance and benefit and is included in the twists and Pure Oil.†

Each concentrated serving contains 725 mg EPA, 275 mg DHA omega-3s, 500 IU d-alpha tocopherol, 200 mg gamma tocopherol (vitamin E), 1.15 mg vitamin K (K1 and K2), and 60 mg GLA in the capsules while the twists and Pure Oil contain 800 IU vitamin D3.

† 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





speak[®]
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Nutrient Information

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 (In Capsules Only) CONTAINING → 60 mg GLA gamma linolenic acid
	2- vitamin D 3 (In Twists and Pure Oil) CONTAINING → 800 IU D3
	1- vitamin K 1 CONTAINING → 1 mg phytonadione
	1- vitamin K 2 CONTAINING → 150 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.†

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.

Lifetrients 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.



Supplement Facts

Serving Size 2 softgel capsules
Servings per container 30

Amount Per Serving		%DV*	%DV**
Calories	20		
Total Fat	2 g	†	3%
Polyunsaturated Fat	2 g	†	
Vitamin E	536 mg	8,933%	3,573%
(as d-alpha tocopherol)	336 mg (500 IU)	†	†
(as gamma tocopherol)	200 mg	†	†
Vitamin K	2.3 mg	7,666%	1,916%
(K1 as Phytonadione and K2 as Menaquinone)			
Omega-3 Polyunsaturated Fatty Acids			
EPA (Eicosapentaenoic Acid)	725 mg	†	†
DHA (Docosahexaenoic Acid)	275 mg	†	†
GLA (Borage Oil)	60 mg	†	†

Supplement Facts

Serving Size 2 Twist-offs or 3mL Pure Oil
Servings per container 30

Amount Per Serving		%DV*	%DV**
Calories	20		
Total Fat	2 g	†	3%
Polyunsaturated Fat	2 g	†	
Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)	133%	100%
Vitamin E	536 mg	8,933%	3,573%
(as d-alpha tocopherol)	336 mg (500 IU)	†	†
(as gamma tocopherol)	200 mg	†	†
Vitamin K	1.15 mg	3,833%	958%
(K1 as Phytonadione and K2 as Menaquinone)			
Omega-3 Polyunsaturated Fatty Acid			
EPA (Eicosapentaenoic Acid)	725 mg	†	†
DHA (Docosahexaenoic Acid)	275 mg	†	†

*Based on Daily Values for Children under 4 years of Age.

**Based on Daily Values for Adults and Children over 4 or more years of age.

†Daily Value (DV) not established

Ingredients: Fish Oil Omega-3, Medium Chain Triglycerides, D-Alpha, Gamma, Natural Mixed Tocopherols and Vegetable Oils, Borage Oil (capsule only), Natural Flavors, Phylloquinone, Menaquinone, Cholecalciferol (twists and pure oil only). Capsule: gelatin, water, glycerin.

DOES NOT CONTAIN: milk, egg, tree nuts, wheat, peanuts or their respective by-products, yeast, gluten, casein, sugar, starch, artificial flavor, colors or preservatives.



Manufactured in
cGMP Registered
U.S.A. Facility