



Carlson

Fish Oil Multi™

**Omega-3s with
Vitamins & Minerals**



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

60 Soft Gels

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

A comprehensive iron-free formula in easy-to-swallow soft gels.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per 1 Soft Gel	% DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%**
Protein	0.5 g	1%
Vitamin A (100% as beta carotene)	5,000 IU	100%
Vitamin C (from calcium ascorbate)	300 mg	500%
Vitamin D ₃ (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopherol from soy)	200 IU	667%
Thiamin (Vitamin B-1)(from thiamin HCl)	7.5 mg	500%
Riboflavin (Vitamin B-2)	8.5 mg	500%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	10 mg	500%
Folate (folic acid)	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	60 mcg	1000%
Biotin	150 mcg	50%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	200%

	Amount Per 1 Soft Gel	% DV
Calcium (from calcium ascorbate and d-calcium pantothenate)	35 mg	4%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc glycinate chelate)	7.5 mg	50%
Selenium (from selenomethionine)	105 mcg	150%
Copper (from copper glycinate and copper carbonate)	1 mg	50%
Manganese (from manganese glycinate chelate)	1.5 mg	75%
Chromium (from chromium nicotinate)	120 mcg	100%
Molybdenum (from molybdenum glycinate)	37.5 mcg	50%
Lutein	400 mcg	†
Phosphatidyl Choline	25 mg	†
Boron (from boron amino acid chelate)	1 mg	†
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg	†
Fish Oil Concentrate	400 mg	†
EPA (Eicosapentaenoic Acid)*	65 mg	†
DHA (Docosahexaenoic Acid)*	45 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Beeswax, soy lecithin, rice flour, olive oil, soybean oil, medium chain triglyceride oil, ascorbyl palmitate, microcrystalline cellulose, glyceryl stearate, safflower oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy and sardine).

Directions: Take one soft gel daily **at mealtime**, with a full glass of water or beverage.

✓ **Gluten-free** ✓ **Sugar-free** ✓ **Preservative-free**

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