



Doctor's Suggested Use: Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 30

Amount Per Serving		% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Cholesterol	<5 mg	1%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	30 mg	1,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	750 mcg	12,500%
Calamarine®* Oil Concentrate (from squid)	1,250 mg	‡
DHA (docosahexaenoic acid) (as ethyl esters)	350 mg	‡
EPA (eicosapentaenoic acid) (as ethyl esters)	200 mg	‡
L-Carnitine (as fumarate)	200 mg	‡
Coenzyme Q10 (as ubiquinone)	50 mg	‡

* Percent Daily Values are based on a 2,000 calorie diet. ‡ Daily Value (DV) not established.

Other ingredients: Gelatin, glycerin, gamma cyclodextrin, medium chain triglycerides, sunflower lecithin, beeswax, silicon dioxide, annatto suspension in sunflower oil, caramel color, natural lemon oil

Note: Pregnant or lactating women should consult a health care professional before taking this product. Keep out of reach of children.

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Gluten Free



CALAMARINE™



Commitment to Excellence