



Women's Omega Multi

Multiple with Fish Oil

DIETARY SUPPLEMENT

Promotes Brain, Vision and Bone Health*
180 Soft Gels

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

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Vitamin A (1500IU as palmitate & 2500IU as beta carotene)	4,000 IU	80%
Vitamin C (from calcium ascorbate)	150 mg	250%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopherol from soy)	75 IU	250%
Vitamin K1 (as phyloquinone)	100 mcg	125%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	3.4 mg	227%
Riboflavin (Vitamin B-2)	4 mg	235%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	5 mg	250%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	16 mcg	267%

Other Ingredients: Beeswax, soy lecithin, soybean oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy, sardine, tuna).

Directions: Take one soft gel daily, **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
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	Amount Per Soft Gel	% DV
Biotin	150 mcg	50%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	200%
Calcium (from calcium carbonate, calcium ascorbate & d-calcium pantothenate)	50 mg	5%
Iron (from iron bisglycinate chelate)	13.5 mg	75%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from zinc gluconate)	7.5 mg	50%
Selenium (from selenomethionine)	35 mcg	50%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	1 mg	50%
Chromium (from chromium nicotinate)	60 mcg	50%
Fish Oil Concentrate	500 mg	**
DHA (Docosahexaenoic Acid)†	215 mg	**
EPA (Eicosapentaenoic Acid)†	30 mg	**

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

✓ **Gluten-free** ✓ **Milk/Casein-free**
✓ **Preservative-free**

Warning: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.



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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.