Carlson

Men's Omega Multi

Multiple with Fish Oil

Not for sale in California

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

DIETARY SUPPLEMENT

Promotes Heart, Joint and Immune Health*

180 Soft Gels

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 90

	Amount Per 2 Soft Gels	% DV
Calories	5	
Total Fat	0.5 g	<1%**
Vitamin A (as retinyl palmitate)	1,500 mcg	167%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopherol from soy)	268 mg	1787%
Thiamin (vitamin B-1)(from thiamin mononitrate)	20 mg	1667%
Riboflavin (vitamin B-2)	20 mg	1538%
Niacinamide (from niacinamide ascorbate)	20 mg	125%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1176%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	200 mcg	8333%
Biotin	1,200 mcg	4000%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%

	Amount Per 2 Soft Gels	% DV
Calcium (from calcium ascorbate, dicalcium phosphate, & d-calcium pantothenate)	46 mg	4%
Iodine (from potassium iodide)	300 mcg	200%
Magnesium (from magnesium oxide)	100 mg	24%
Zinc (from zinc gluconate)	30 mg	273%
Selenium (from selenomethionine)	200 mcg	364%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganese gluconate)	6 mg	261%
Chromium (from chromium nicotinate)	400 mcg	1143%
Vitamin K2 (as Menatetrenone MK4)	800 mcg	†
Vanadium (from vanadyl sulfate)	800 mcg	†
Alpha Lipoic Acid	200 mg	†
Fish Oil Concentrate	630 mg	†
EPA (Eicosapentaenoic Acid)☆	180 mg	†
DHA (Docosahexaenoic Acid)☆	120 mg	†
Lutein	2 mg	†
Milk Thistle Extract (*Silybum marianum*)(seed)	100 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established. ☆Reported as ethyl ester.

Caution: 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.

Other Ingredients: Phospholipid complex, soybean oil, soy lecithin, beeswax, microcrystalline cellulose, dicalcium phosphate, medium chain triglyceride oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy, sardine and mackerel).

POTENCY & QUALITY GUARANTEED

Directions: Take two soft gels daily, **at mealtime,** with water or beverage.

✔ Gluten-free ✔ Sugar-free
✔ Preservative-free

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