

• 100% Norwegian Oil
• Plus Lutein

Dietary
Supplement

Purity
Potency
Freshness
Guaranteed

Carlson Fish Oil Multi™

Vitamins, Minerals
and Fish Oils

120 SOFT GELS

A Super-Strength Supplement
In Easy-to-Swallow Soft Gels
to Help Keep You Feeling
Young and Healthy*

TAKE ONLY AT MEALTIME
POTENCY AND QUALITY
GUARANTEED

Milk-free. Wheat-free. Salt-free. Preservative-free. Yeast-free. Gluten-free.

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 (as 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) (as 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%
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)	7.5 mg	50%
Selenium (from selenomethionine)	105 mcg	150%
Copper (from copper glycinate)	1 mg	50%
Manganese (from manganese glycinate)	1.5 mg	75%
Chromium (from chromium nicotinate)	120 mcg	100%
Molybdenum (from molybdenum glycinate)	37.5 mcg	50%
Lutein	400 mcg	†
Lemon Bioflavonoids Complex	25 mg	†
Phosphatidyl Choline	25 mg	†
Boron (from boron glycinate)	1 mg	†
Vanadium (BMOV)	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 2000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Beeswax, olive oil, rice flour, lecithin (soybeans), safflower oil, glyceryl stearate, ascorbyl palmitate, medium chain triglyceride oil, soybean oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob.

Contains soy and fish (anchovy and sardine).

Directions: Take one soft gel daily ONLY AT MEALTIME, with a full glass of water or beverage.

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

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