

- 100% Norwegian Oil
- Plus Lutein

Dietary
Supplement
Purity
Potency
Freshness
Guaranteed

Carlson

Fish Oil MultiTM

Vitamins, Minerals and Fish Oils

180 SOFT GELS

1582 - 4a

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

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	687%
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.

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 • 888-234-5656 • 847-255-1800 • www.carlsonlabs.com
• An F.D.A. Regulated Facility •

TAKE ONLY AT MEALTIME
POTENCY AND QUALITY GUARANTEED
Milk-free. Wheat-free. Salt-free. Preservative-free.
Yeast-free. Gluten-free.

