



A SUPER MULTIPLE-NUTRIENT SUPPLEMENT IN EASY-TO-SWALLOW SOFT GELS
TO HELP KEEP YOU FEELING YOUNG AND HEALTHY.*

With FISH OIL & LUTEIN



Carlson

Dietary Supplement

POTENCY AND QUALITY GUARANTEED

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

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



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SUPER 2 DAILY®

VITAMINS & MINERALS

120 SOFT GELS

4051 - 4a

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 60

	Amount Per 2 Soft Gels	% DV
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Protein	1 g	2% ☆
Vitamin A (100% as beta carotene)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	600 mg	1000%
Vitamin D ₃ (as cholecalciferol)	1600 IU	400%
Vitamin E (as d-alpha tocopherol from soy)	400 IU	1333%
Thiamin (Vitamin B-1)(as thiamin HCl)	15 mg	1000%
Riboflavin (Vitamin B-2)	17 mg	1000%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1000%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	40 mg	400%
Calcium (from calcium ascorbate & d-calcium pantothenate)	70 mg	7%
Iodine (from potassium iodide)	300 mcg	200%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc glycinate)	15 mg	100%
Selenium (from selenomethionine)	210 mcg	300%
Copper (from copper glycinate)	2 mg	100%
Manganese (from manganese glycinate)	3 mg	150%
Chromium (from chromium nicotinate)	240 mcg	200%
Molybdenum (from molybdenum glycinate)	75 mcg	100%
Lutein	800 mcg	†
Lemon Bioflavonoids Complex	50 mg	†
Phosphatidyl Choline	50 mg	†
Boron (from boron glycinate)	2 mg	†
Vanadium (BMOV)	400 mcg	†
Fish Oil Concentrate	800 mg	†
EPA (Eicosapentaenoic Acid)	130 mg	†
DHA (Docosahexaenoic Acid)	90 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, carbox.

Contains soy and fish (anchovy and sardine).

* 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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