



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



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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.

With **FISH OIL & LUTEIN**



Carlson

Dietary Supplement

SUPER 2 DAILY®

VITAMINS & MINERALS

180 SOFT GELS

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 90

	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, carob. 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.

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.
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