

Carlson®

Fish Oil Multi™

**Omega-3s with
Vitamins & Minerals**

DIETARY SUPPLEMENT

✓ Heart Health* ✓ Brain Function* ✓ Optimal Wellness*

60 Soft Gels

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

A super-strength, iron-free, balanced formula.

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 60

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Total Carbohydrate	<1 g	<1%**
Protein	<1 g	
Vitamin A (as beta carotene)	1,500 mcg RAE	167%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopherol from soy)	134 mg	893%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	7.5 mg	625%
Riboflavin (Vitamin B-2)	8.5 mg	654%
Niacin (as niacinamide)	20 mg	125%
Vitamin B-6 (as pyridoxine HCl)	10 mg	588%
Folate (200 mcg folic acid)	333 mcg DFE	83%
Vitamin B-12 (as cyanocobalamin)	60 mcg	2,500%
Biotin	150 mcg	500%

	Amount Per Serving	% DV
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%
Calcium (from calcium ascorbate, dicalcium phosphate, & d-calcium pantothenate)	35 mg	3%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc glycinate chelate)	7.5 mg	68%
Selenium (from selenomethionine)	105 mcg	191%
Copper (from copper glycinate chelate and copper carbonate)	1 mg	111%
Manganese (from manganese glycinate chelate)	1.5 mg	65%
Chromium (from chromium nicotinate)	120 mcg	343%
Molybdenum (from molybdenum glycinate chelate)	37.5 mcg	83%
Lutein	400 mcg	†
Boron (from boron glycinate chelate)	1 mg	†
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg	†
Norwegian Fish Oil	400 mg	†
EPA (Eicosapentaenoic Acid)°	65 mg	†
DHA (Docosahexaenoic Acid)°	45 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established. °Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water, carob), beeswax, soy lecithin, rice flour, soybean oil, microcrystalline cellulose, olive oil, medium chain triglyceride oil. Contains soy and fish (anchovy, sardine and mackerel).

Directions: Adults: take one soft gel daily **at mealtime** with a full glass of water.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

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