

Carlson®

Women's Omega Multi

Multiple with Fish Oil

DIETARY SUPPLEMENT

✓ Brain Function* ✓ Vision Health* ✓ Bone Support†

180 Soft Gels

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

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 180

	Amount Per Serving	% DV
Calories	10	
Total Fat	0.5 g	1%**
Vitamin A (37% as palmitate & 63% as beta carotene)	1,200 mcg RAE	133%
Vitamin C (from calcium ascorbate)	150 mg	167%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopherol)	50.2 mg	335%
Vitamin K1 (as phyloquinone)	100 mcg	83%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	3.4 mg	283%
Riboflavin (Vitamin B-2)	4 mg	308%
Niacin (as niacinamide)	40 mg	250%
Vitamin B-6 (as pyridoxine HCl)	5 mg	294%
Folate (400 mcg folic acid)	667 mcg DFE	167%
Vitamin B-12 (as cyanocobalamin)	16 mcg	667%

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water, carob), beeswax, soybean oil, soy lecithin. Contains soy and fish (tuna).

Directions: Adult Women: take one soft gel daily at mealtime. Keep bottle tightly closed. Store away from heat and moisture.

Warning: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.

	Amount Per Serving	% DV
Biotin	150 mcg	500%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%
Calcium (from calcium carbonate, calcium ascorbate & d-calcium pantothenate)	50 mg	4%
Iron (from iron bisglycinate chelate)	13.5 mg	75%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc gluconate)	7.5 mg	68%
Selenium (from selenomethionine)	35 mcg	64%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganese gluconate)	1 mg	43%
Chromium (from chromium nicotinate)	60 mcg	171%
Fish Oil Concentrate	0.5 g	†
DHA (Docosahexaenoic Acid)°	215 mg	†
EPA (Eicosapentaenoic Acid)°	30 mg	†

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

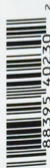
† Daily Value (DV) not established. ° Reported as triglycerides.

✓ Gluten-free ✓ Milk/Casein-free
✓ No Artificial Preservatives

POTENCY & QUALITY GUARANTEED

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



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