



Carlson

Men's Omega Multi

Multiple with Fish Oil

DIETARY SUPPLEMENT

✓ Heart Health* ✓ Joint Function* ✓ Immune Support*

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.

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 30

Amount Per Serving % DV		
Calories	20	
Total Fat	1.5 g	2%**
Total Carbohydrate	1 g	<1%**
Protein	<1 g	
Vitamin A (as retinyl palmitate)	1,500 mcg RAE	167%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopherol from soy)	268 mg	1,787%
Thiamin (vitamin B-1)(from thiamin mononitrate)	20 mg	1,667%
Riboflavin (vitamin B-2)	20 mg	1,538%
Niacinamide (from niacinamide ascorbate)	20 mg	125%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1,176%
Folate (800 mcg folic acid)	1,333 mcg DFE	333%
Vitamin B-12 (as cyanocobalamin)	200 mcg	8,333%
Biotin	1,200 mcg	4,000%

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

POTENCY & QUALITY GUARANTEED


Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 USA • 888-234-5656
www.carlsonlabs.com • An FDA Regulated Facility

Amount Per Serving % DV		
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%
Calcium (from calcium ascorbate, dicalcium phosphate, & d-calcium pantothenate)	46 mg	4%
Iodine (from potassium iodide)	300 mcg	200%
Magnesium (from magnesium oxide)	100 mg	24%
Zinc (from zinc gluconate)	30 mg	273%
Selenium (from selenomethionine)	200 mcg	364%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganese gluconate)	6 mg	261%
Chromium (from chromium nicotinate)	400 mcg	1,143%
Vitamin K ₂ (as Menatrenone MK4)	800 mcg	†
Vanadium (from vanadyl sulfate)	800 mcg	†
Alpha Lipoic Acid	200 mg	†
Norwegian Fish Oil Concentrate	630 mg	†
EPA (Eicosapentaenoic Acid)°	180 mg	†
DHA (Docosahexaenoic Acid)°	120 mg	†
Lutein	2 mg	†
Milk Thistle Extract (<i>Silybum marianum</i>)(seed)	100 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established. °Reported as ethyl ester.

Directions: Adults: take two soft gels daily at mealtime.

✓ Gluten-free ✓ No Artificial Preservatives

 **WARNING:** Reproductive Harm — www.P65Warnings.ca.gov

Caution: 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.



1

88395 40310

0

4031-7a