

# Carlson



## Men's Omega Multi

### Multiple with Fish Oil

DIETARY SUPPLEMENT

✓ Heart Health\* ✓ Joint Function\* ✓ Immune 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 2 Soft Gels  
Servings Per Container 90

	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

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	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 <sub>2</sub> (as Menatetrenone MK4)	800 mcg	†
Vanadium (from vanadyl sulfate)	800 mcg	†
Alpha Lipoic Acid	200 mg	†
Norwegian Fish Oil Concentrate	630 mg	†
EPA (Eicosapentaenoic Acid) <sup>o</sup>	180 mg	†
DHA (Docosahexaenoic Acid) <sup>o</sup>	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. <sup>o</sup>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.



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