



Carlson®

Super 2 Daily®

Multi + Omega-3s + Lutein

DIETARY SUPPLEMENT

✓ Heart Health* ✓ Vision Health* ✓ Optimal Wellness*
180 Soft Gels

An iron-free formula packed with vitamins, minerals, and omega-3s for optimal wellness.*

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 90

	Amount Per Serving	% DV
Calories	20	
Total Fat	1.5 g	2%**
Cholesterol	<5 mg	1%
Total Carbohydrate	1 g	<1%**
Protein	1 g	2%**
Vitamin A (as beta carotene)	3,000 mcg RAE	333%
Vitamin C (from calcium ascorbate)	600 mg	667%
Vitamin D (as cholecalciferol)	40 mcg	200%
Vitamin E (as d-alpha tocopherol from soy)	268 mg	1,787%
Thiamin (Vitamin B-1) (from thiamin mononitrate)	15 mg	1,250%
Riboflavin (Vitamin B-2)	17 mg	1,308%
Niacin (as niacinamide)	40 mg	250%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1,176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	120 mcg	5,000%

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).

POTENCY & QUALITY GUARANTEED

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	Amount Per Serving	% DV
Biotin	300 mcg	1,000%
Pantothenic Acid (from d-calcium pantothenate)	40 mg	800%
Calcium (from calcium ascorbate, dicalcium phosphate, and d-calcium pantothenate)	70 mg	5%
Iodine (from potassium iodide)	300 mcg	200%
Magnesium (from magnesium oxide)	100 mg	24%
Zinc (from zinc glycinate chelate)	15 mg	136%
Selenium (from selenomethionine)	210 mcg	382%
Copper (from copper glycinate chelate and copper carbonate)	2 mg	222%
Manganese (from manganese glycinate chelate)	3 mg	130%
Chromium (from chromium nicotinate)	240 mcg	686%
Molybdenum (from molybdenum glycinate chelate)	75 mcg	167%
Lutein	800 mcg	†
Boron (from boron glycinate chelate)	2 mg	†
Vanadium (from Bis-Maltolato Oxo Vanadium)	400 mcg	†
Norwegian Fish Oil	800 mg	†
EPA (Eicosapentaenoic Acid)°	130 mg	†
DHA (Docosahexaenoic Acid)°	90 mg	†

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

Directions: Adults: take two soft gels daily at mealtime with a full glass of water.

✓ Gluten-free ✓ No Artificial Preservatives

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



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