



Carlson®

30 Soft Gels  
**FREE**

# Super 2 Daily®

**Multi + Omega-3s + Lutein**

DIETARY SUPPLEMENT

✓ Heart Health\* ✓ Vision Health\* ✓ Optimal Wellness\*

30 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 15

	Amount Per Serving	% DV
Calories	20	
Total Fat	2 g	3%**
Cholesterol	<5 mg	<2%
Protein	1 g	2%**
Vitamin A (100% as beta carotene)	3,000 mcg	333%
Vitamin C (from calcium ascorbate)	600 mg	667%
Vitamin D3 (as cholecalciferol)	40 mcg	200%
Vitamin E (as d-alpha tocopherol from soy)	268 mg	1787%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	15 mg	1250%
Riboflavin (Vitamin B-2)	17 mg	1308%
Niacin (as niacinamide)	40 mg	250%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1176%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%

Other Ingredients: Beef gelatin, glycerin, beeswax, soy lecithin, water, carob, rice flour, soybean oil, microcrystalline cellulose, olive oil, dicalcium phosphate, 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)	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:** Take two soft gels daily at mealtime with a full glass of water.

✓ Gluten-free ✓ Sugar-free  
✓ No Artificial Preservatives

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