



Suggested Use: As a dietary supplement, take 3 softgels daily. **FOR DAILY USE.**
Do not take if allergic to shellfish.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories (energy)	15	
Total Fat	1.5 g	2%*
Cholesterol	15 mg	5%
Vitamin A (as beta carotene)	1,500 mcg RAE (5,000 IU)	167%
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha tocopherol)	65 mg	433%
Thiamin (vitamin B1 as thiamine mononitrate)	15 mg	1,250%
Riboflavin (vitamin B2)	15 mg	1,154%
Niacinamide	25 mg	156%
Vitamin B6 (as pyridoxine HCL)	10 mg	588%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Biotin	300 mcg	1,000%
Pantothenic acid (d-calcium pantothenate)	25 mg	250%
Calcium (as calcium carbonate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (magnesium oxide)	30 mg	7%
Zinc (OptiZinc® Zinc Monomethionine)	15 mg	136%

Selenium (selenium amino acid chelate)	150 mcg	273%
Chromium (as chromium picolinate)	100 mcg	286%
Molybdenum (as molybdenum yeast)	45 mcg	100%
Purity PhosphoBoost™ Krill Oil and Fish Oil Blend	1,410 mg	†
Omega 3-Fatty Acids	670 mg	†
EPA (Eicosapentaenoic acid)	340 mg	†
DHA (Docosahexaenoic acid)	210 mg	†
Other Omega-3 Fatty Acids	120 mg	†
PhosphoBoost™ Krill Oil	500 mg	†
Total Phospholipids	250 mg	†
Natural Astaxanthin (from Krill oil and <i>Haematococcus pluvialis</i>)	2 mg	†
Lutein (from Lutemax® 2020 Marigold flower extract)	10 mg	†
Zeaxanthin (from Lutemax® 2020 Marigold flower extract)	2 mg	†
Coenzyme Q10	100 mg	†
Citrus Bioflavonoid Complex 50 mg Citrus Bioflavonoids	100 mg	†
Ginkgo Biloba (leaf) extract	60 mg	†
Grape Seed Extract <i>Vitis vinifera</i>	50 mg	†
Boron (boron glycinate)	3 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Capsule Shell (Gelatin, Glycerin, Purified Water, Sorbitol, Annatto Extract, Carob), Beeswax, Lecithin (soy), Proprietary LemonLock™ Freshness System (Natural Lemon/Lime Flavor, Antioxidant Blend (Natural Mixed Tocopherols (soy), Rosemary Extract, Ascorbyl Palmitate)).

Contains fish (sardines, anchovy, mackerel), crustacean shellfish (krill), and soy.

Lutemax is a registered trademark of OmniActive Health Technologies Limited

Optizinc is a registered trademark of InterHealth Company.

OptiZinc®

Manufactured Exclusively for
Purity Products®

200 Terminal Drive, Plainview, NY 11803

To Reorder Call: 1.800.281.7781

Customer Care: 1.888.769.7873

www.purityproducts.com