



Multi+Omega-3

Vitamins & Minerals
with Omega-3s

DIETARY SUPPLEMENT

✓ Heart Health* ✓ Brain Function* ✓ Optimal Wellness*

60 Soft Gels | 60 Servings



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

A super-strength, iron-free, balanced formula.

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 60

| | Amount Per Serving | % DV |
|---|--------------------|--------|
| Calories | 10 | |
| Total Fat | 1 g | 1%** |
| Total Carbohydrate | <1 g | <1%** |
| Protein | <1 g | |
| Vitamin A (as beta carotene) | 1,500 mcg RAE | 167% |
| Vitamin C (from calcium ascorbate) | 300 mg | 333% |
| Vitamin D (as cholecalciferol) | 20 mcg | 100% |
| Vitamin E (as d-alpha tocopherol from soy) | 134 mg | 893% |
| Thiamin (Vitamin B-1)(from thiamin mononitrate) | 7.5 mg | 625% |
| Riboflavin (Vitamin B-2) | 8.5 mg | 654% |
| Niacin (as niacinamide) | 20 mg | 125% |
| Vitamin B-6 (from pyridoxine HCl) | 10 mg | 588% |
| Folate (200 mcg folic acid) | 340 mcg DFE | 85% |
| Vitamin B-12 (as cyanocobalamin) | 60 mcg | 2,500% |
| Biotin | 150 mcg | 500% |

| | Amount Per Serving | % DV |
|---|--------------------|------|
| Pantothenic Acid (from d-calcium pantothenate) | 20 mg | 400% |
| Calcium (from calcium ascorbate, dicalcium phosphate, and d-calcium pantothenate) | 35 mg | 3% |
| Iodine (from potassium iodide) | 150 mcg | 100% |
| Magnesium (from magnesium oxide) | 50 mg | 12% |
| Zinc (from zinc glycinate) | 7.5 mg | 68% |
| Selenium (from selenomethionine) | 105 mcg | 191% |
| Copper (from copper glycinate) | 1 mg | 111% |
| Manganese (from manganese glycinate) | 1.5 mg | 65% |
| Chromium (from chromium nicotinate) | 120 mcg | 343% |
| Molybdenum (from molybdenum glycinate) | 37.5 mcg | 83% |
| Lutein | 400 mcg | † |
| Boron (from boron glycinate) | 1 mg | † |
| Vanadium (from Bis-Maltolato Oxo Vanadium) | 200 mcg | † |
| Norwegian Fish Oil | 400 mg | † |
| EPA (Eicosapentaenoic Acid) ^o | 65 mg | † |
| DHA (Docosahexaenoic Acid) ^o | 45 mg | † |

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

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

Directions: Adults: take one soft gel daily **at mealtime** with a full glass of water.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

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