



Multi+Omega-3

**Vitamins & Minerals
with Omega-3s**



DIETARY SUPPLEMENT

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

120 Soft Gels | 120 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 120

	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)*	65 mg	†
DHA (Docosahexaenoic Acid)*	45 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water, carob), beeswax, soy lecithin, maltodextrin, soybean oil, microcrystalline cellulose, olive 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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