



# Fish Oil Multi™

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



DIETARY SUPPLEMENT

**Promotes Heart, Brain, Vision and Joint Health\***

**180 Soft Gels**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**A comprehensive iron-free formula in easy-to-swallow soft gels.**

## Supplement Facts

Serving Size 1 Soft Gel

|                                                | Amount Per 1 Soft Gel | % DV  |
|------------------------------------------------|-----------------------|-------|
| Calories                                       | 5                     |       |
| Calories from Fat                              | 5                     |       |
| Total Fat                                      | 0.5 g                 | 1%**  |
| Protein                                        | 0.5 g                 | 1%    |
| Vitamin A (100% as beta carotene)              | 5,000 IU              | 100%  |
| Vitamin C (from calcium ascorbate)             | 300 mg                | 500%  |
| Vitamin D3 (as cholecalciferol)                | 800 IU                | 200%  |
| Vitamin E (as d-alpha tocopherol from soy)     | 200 IU                | 667%  |
| Thiamin (Vitamin B-1)(from thiamin HCl)        | 7.5 mg                | 500%  |
| Riboflavin (Vitamin B-2)                       | 8.5 mg                | 500%  |
| Niacin (as niacinamide)                        | 20 mg                 | 100%  |
| Vitamin B-6 (as pyridoxine HCl)                | 10 mg                 | 500%  |
| Folate (folic acid)                            | 200 mcg               | 50%   |
| Vitamin B-12 (as cyanocobalamin)               | 60 mcg                | 1000% |
| Biotin                                         | 150 mcg               | 50%   |
| Pantothenic Acid (from d-calcium pantothenate) | 20 mg                 | 200%  |

|                                                             | Amount Per 1 Soft Gel | % DV |
|-------------------------------------------------------------|-----------------------|------|
| Calcium (from calcium ascorbate and d-calcium pantothenate) | 35 mg                 | 4%   |
| Iodine (from potassium iodide)                              | 150 mcg               | 100% |
| Magnesium (from magnesium oxide)                            | 50 mg                 | 13%  |
| Zinc (from zinc glycinate chelate)                          | 7.5 mg                | 50%  |
| Selenium (from selenomethionine)                            | 105 mcg               | 150% |
| Copper (from copper glycinate and copper carbonate)         | 1 mg                  | 50%  |
| Manganese (from manganese glycinate chelate)                | 1.5 mg                | 75%  |
| Chromium (from chromium nicotinate)                         | 120 mcg               | 100% |
| Molybdenum (from molybdenum glycinate)                      | 37.5 mcg              | 50%  |
| Lutein                                                      | 400 mcg               | †    |
| Phosphatidyl Choline                                        | 25 mg                 | †    |
| Boron (from boron amino acid chelate)                       | 1 mg                  | †    |
| Vanadium (from Bis-Maltolato Oxo Vanadium)                  | 200 mcg               | †    |
| Fish Oil Concentrate                                        | 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: Beeswax, soy lecithin, rice flour, olive oil, soybean oil, medium chain triglyceride oil, ascorbyl palmitate, microcrystalline cellulose, glyceryl stearate, safflower oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy and sardine).

**Directions:** Take one soft gel daily **at mealtime**, with a full glass of water or beverage.

✓ **Gluten-free** ✓ **Sugar-free** ✓ **Preservative-free**

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