

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take three (3) softgels daily with food, or as recommended by a healthcare practitioner.

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product. Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you are taking glucose lowering medication, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Q01263A



LifeExtension®

Essential Daily Nutrients



Omega-3s • CoQ10 • Lipoic Acid Vitamin D3 • Vitamin K2

Dietary
Supplement



90 Softgels

Supplement Facts

Serving Size 3 Softgels • Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	30	
Calories from Fat	30	
Total Fat	3 g	5%†
Saturated Fat	0 g	0%†
Cholesterol	<5 mg	2%†
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin K (as menaquinone 7)	100 mcg	125%
Fish Oil Concentrate	3182 mg	**
Yielding: EPA (eicosapentaenoic acid)	1000 mg	**
DHA (docosahexaenoic acid)	700 mg	**
Alpha Lipoic Acid	100 mg	**
Ubiquinone (as Kaneka Q10®)	100 mg	**
Sesame seed lignan extract	10 mg	**

**Daily Value not established. †% Daily Value is based on a 2000 calorie diet.

Other ingredients: highly refined fish oil concentrate (anchovy, mackerel), gelatin, beeswax, glycerin, purified water, olive oil, caramel color, mixed tocopherols.

Manufactured for:
Quality Supplements and Vitamins, Inc.
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To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Kaneka Q10® is a registered trademark of Kaneka Corporation.