



Fish Oil Multi™

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



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

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

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per 1 Soft Gel	% DV
Calories	5	
Total Fat	0.5 g	<1%**
Protein	0.5 g	1%
Vitamin A (100% as beta carotene)	1,500 mcg	167%
Vitamin C (from calcium ascorbate)	300 mg	333%
Vitamin D ₃ (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 (as pyridoxine HCl)	10 mg	588%
Folate (200 mcg folic acid)	340 mcg DFE	85%
Vitamin B-12 (as cyanocobalamin)	60 mcg	2500%
Biotin	150 mcg	500%
Pantothenic Acid (from d-calcium pantothenate)	20 mg	400%

	Amount Per 1 Soft Gel	% DV
Calcium (from calcium ascorbate, dicalcium phosphate, & d-calcium pantothenate)	35 mg	3%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc glycinate chelate)	7.5 mg	68%
Selenium (from selenomethionine)	105 mcg	191%
Copper (from copper glycinate chelate and copper carbonate)	1 mg	111%
Manganese (from manganese glycinate chelate)	1.5 mg	65%
Chromium (from chromium nicotinate)	120 mcg	343%
Molybdenum (from molybdenum glycinate chelate)	37.5 mcg	83%
Lutein	400 mcg	†
Boron (from boron glycinate 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: Phosphatidyl choline, soy lecithin, beeswax, dicalcium phosphate, soybean oil, rice flour, microcrystalline cellulose, medium chain triglyceride oil, ascorbyl palmitate, glyceryl stearate, olive oil, safflower oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy, sardine and mackerel).

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

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

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 • 888-234-5656 • 847-255-1600
www.carlsonlabs.com • **An FDA Regulated Facility**



1581-7b