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## FISH OIL MULTI

### 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 D <sub>3</sub> (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopherol from soy)	200 IU	667%
Thiamin (Vitamin B-1)(as 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)	7.5 mg	50%
Selenium (from selenomethionine)	105 mcg	150%
Copper (from copper glycinate)	1 mg	50%
Manganese (from manganese glycinate)	1.5 mg	75%
Chromium (from chromium nicotinate)	120 mcg	100%
Molybdenum (from molybdenum glycinate)	37.5 mcg	50%
Lutein	400 mcg	†
Lemon Bioflavonoids Complex	25 mg	†
Phosphatidyl Choline	25 mg	†
Boron (from boron glycinate)	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.

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).

- Supports heart, brain, vision, and joint health
- Iron-free formula in easy-to-swallow soft gels
- Freshness, potency, and purity guaranteed

Fish Oil Multi is a super-strength, iron-free, balanced formula. It provides the body with all of the essential vitamins and minerals, as well as lutein, important for healthy vision, and fish oil, rich in the omega-3s EPA and DHA.

*This product is tested by an independent, FDA-registered laboratory for freshness, potency, and purity.*



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