

Not for sale in California



Men's Omega Multi

Multiple with Fish Oil

DIETARY SUPPLEMENT

Promotes Heart, Joint and Immune Health*

60 Soft Gels

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

4031-5a

7.1875" x 2.8125"

200cc

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 30

	Amount Per 2 Soft Gels	% DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%**
Vitamin A (as retinyl palmitate)	5,000 IU	100%
Vitamin C (from calcium ascorbate)	300 mg	500%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopherol from soy)	400 IU	1333%
Vitamin K2 (as Menatrenone MK4)	800 mcg	1000%
Thiamin (vitamin B-1)(from thiamin mononitrate)	20 mg	1333%
Riboflavin (vitamin B-2)	20 mg	1176%
Niacinamide (from niacinamide ascorbate)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1000%
Folate (folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	1,200 mcg	400%

Amount Per 2 Soft Gels % DV

Pantothenic Acid (from d-calcium pantothenate)	20 mg	200%
Calcium (from calcium ascorbate & d-calcium pantothenate)	46 mg	5%
Iodine (from potassium iodide)	300 mcg	200%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc gluconate)	30 mg	200%
Selenium (from selenomethionine)	200 mcg	286%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	6 mg	300%
Chromium (from chromium nicotinate)	400 mcg	333%
Vanadium (from vanadyl sulfate)	800 mcg	†
Alpha Lipoic Acid	200 mg	†
Fish Oil Concentrate	630 mg	†
EPA (Eicosapentaenoic Acid) ^o	180 mg	†
DHA (Docosahexaenoic Acid) ^o	120 mg	†
Inositol	25 mg	†
Lutein	2 mg	†
Phosphatidyl Choline (from soy)	25 mg	†
Milk Thistle Extract (<i>Silybum marianum</i>)(seed)	100 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established. ^oReported as ethyl ester.

Other Ingredients: Soybean oil, soy lecithin, beeswax, microcrystalline cellulose, medium chain triglyceride oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy and sardine).

POTENCY & QUALITY GUARANTEED

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Directions: Take two soft gels daily, at mealtime, with water or beverage.

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

Caution: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.



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