

Blending the Benefits of Omega-3s, D3 & K2



- Promotes cardiovascular, bone, and immune health*
- 1,430 mg of omega-3s, including EPA and DHA
- 50 mcg (2,000 IU) of D3 and 90 mcg of K2 as MK-7
- Wild caught and sustainably sourced
- Delicious natural lemon flavor
- Freshness, potency, and purity guaranteed



Carlson®

Award-Winning Quality Since 1965

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

A Powerful Nutrient Trio

Omega-3 plus D & K provides omega-3s, vitamin D3, and vitamin K2 as MK-7.

Vitamin K2 as MK-7 plays an important role in binding calcium to the bone matrix, and supporting healthy blood clotting and cardiovascular function.* Many of us do not get enough MK-7 through diet alone, since the best food sources are organ meats and fermented soybeans. MK-7 with MenaQ7® provides the natural form of vitamin K for optimal bioavailability.

Omega-3s are found in fatty fish, such as salmon, mackerel, and sardines. Since many of us don't eat a lot of fish in our diet, a supplement can be helpful. Omega-3s support heart, brain, vision, joint, mood, immune, and skin health.*

Vitamin D3 is an important nutrient linked to many health benefits, including bone, teeth, muscle, and immune health.* It's a vitamin we can get through food and the sun, but many are still deficient due to changing seasons, sun protection, and skin tone.

1 Teaspoon (5 mL) Provides	
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)
Norwegian Fish Oil	4.6 g
Total Omega-3 Fatty Acids*	1,430 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexaenoic Acid)	890 mg
Vitamin K2 [as MK-7 (menaquinone-7)]	90 mcg

1950-1a

Size	Code
200 mL	1950



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Fax: 847-255-1605 • E-mail: carlson@carlsonlabs.com

Phone: 847-255-1600 • 888-234-5656 • carlsonlabs.com



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