

Do not accept if seal is broken. Product No. 5541  
Store between 59°-86° F.  
Keep out of the reach of children.

**NO:** Yeast, corn, wheat, gluten, milk, sugar, starch, preservatives, artificial color, artificial flavor, or artificial sweeteners.

Certified



Gluten-Free



Manufactured for: Country Life

101 Corporate Drive, Hauppauge, NY 11788  
[www.countrylifevitamins.com](http://www.countrylifevitamins.com)

Lot No:

Best by:



## VITAMIN A

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10,000 I.U.

100 Softgels

Dietary Supplement

**Directions:** Adults take one (1) softgel daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

### Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and fish liver oil)	10,000 I.U. 200%

Other Ingredients: Soybean oil, gelatin, vegetable glycerin, purified water (capsule shell). Contains fish (anchovy, mackerel, jack, herring, menhaden, sardine, smelt, bonito, tuna, sand lance).

**WARNING:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Not intended for people under the age of 18. Not recommended for people who regularly consume liver. Do not exceed 10,000 I.U. of vitamin A per day. Pregnant women and women of childbearing age, do not exceed 8,000 I.U. of vitamin A per day. Purity tested for heavy metals such as mercury.