



bringing wellness to the world since 1969

Vitamins A & D

Vitamin Supplement



250 softgels

- DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN.
- STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

SUGGESTED USE: As a dietary supplement, take one softgel per day with water. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin A (from cod liver oil and vitamin A palmitate)	5,000 IU	100%
Vitamin D (from cod liver oil and cholecalciferol)	400 IU	100%

Other ingredients: May contain vegetable oil (corn or soybean oil); contains gelatin, glycerin, purified water.

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or visit our website at www.swansonvitamins.com



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