





SWANSON
PREMIUM BRAND

bringing wellness to the world since 1969

Vitamin D

400 IU (10 mcg)

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 one to two times per day with water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Vitamin A	180 mcg RAE	20%
(from fish liver oil and vitamin A palmitate)		
Vitamin D	10 mcg	50%
(from fish liver oil and cholecalciferol)		

Other ingredients: Soybean oil, gelatin, glycerin, purified water, corn oil.

Contains fish (cod) and soy.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**

or visit our website at www.swansonvitamins.com



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