

DIETARY SUPPLEMENT

Carlson

A & D

10,000 IU & 400 IU

100 SOFT GELS

1211 - 2a

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% Daily Value
Vitamin A (from palmitate and fish liver oil)	10,000 IU	200%
Vitamin D ₃ (from fish liver oil)	400 IU	100%

Other Ingredients: Safflower oil. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (cod, pollock, haddock).

Directions: Adults take one soft gel daily at mealtime. Do not take if you are pregnant or planning to become pregnant.

Natural source. Preservative-free. Milk-free. Natural color. Yeast-free. Sugar-free. Salt-free. Corn-free. Wheat-free. Gluten-free.

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