

swanson.com
or call 1-800-437-4148

- Supports eye health
- Maintains immune health
- Helps maintain healthy skin and hair
- Supports bone health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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VITAMIN A
Eye and Vision Health

10,000 IU per softgel

VITAMIN SUPPLEMENT | 250 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Vitamin A 3,000 mcg RAE (from cod liver oil and vitamin A palmitate)	333%

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

Contains fish (cod) and soy.

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10,000 IU = 3,000 mcg RAE

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