



Carlson

A & D

10,000 IU & 400 IU
(3,000 mcg RAE) & (10 mcg)

DIETARY SUPPLEMENT

✓ Vision Support* ✓ Immune Function* ✓ Skin Health*

100 Soft Gels

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Same dose,
new units
per FDA

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 100

	Amount Per Serving	% Daily Value
Vitamin A	3,000 mcg RAE (as/from fish liver oil and retinyl palmitate)	333%
Vitamin D	10 mcg (from fish liver oil and cholecalciferol)	50%

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), safflower oil. Contains fish (cod).

WARNING: Taking vitamin A from retinol in quantities of 10,000 IU or more is known to cause birth defects or other reproductive harm.

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

POTENCY & QUALITY GUARANTEED

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