

Suggested Usage: Take 1 softgel daily with a meal.

Vitamin A is essential for the maintenance of healthy epithelial tissue, which is found in the eyes, skin, respiratory system, GI and urinary tracts.* Vitamin D promotes calcium absorption and calcium transport to bones.*

*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.

Caution: For adults only. Do not exceed the recommended dose. Do not use if you are pregnant, may become pregnant, or are breastfeeding. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

California Proposition 65 WARNING: Consuming this product can expose you to chemicals including retinol, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.



A&D

10,000/400 IU

Essential Nutrition

- Helps Maintain Strong Bones and Teeth*
- Necessary for Maintenance of Eye Health*



100 Softgels

A Dietary Supplement



Contains Gelatin

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	10,000 IU	200%
Vitamin D ₃ (as Cholecalciferol) (from Lanolin)	400 IU	100%

Other ingredients: Organic Extra Virgin Olive Oil and Softgel Capsule (bovine gelatin, glycerin, water).

Quality Tested & Packaged by NOW FOODS
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nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



SOFTGEL
SIZE

CODE 0350C VB



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