

DIETARY SUPPLEMENT

Carlson®

A & D
25,000 IU & 1,000 IU
250 SOFT GELS

1242 - 2b

Vitamin A & D are essential nutrients in human nutrition.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% Daily Value
Vitamin A (from fish liver oil)	25,000 IU	500%
Vitamin D ₃ (from fish liver oil)	1,000 IU	250%

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

Directions: Adults take one soft gel three times weekly, at mealtime. Do not exceed recommended dosage. Do not take if you are pregnant or planning to become pregnant.

WARNING: The recommended daily serving of this product contains more than 10,000 IU of Vitamin A from retinol. Large amounts of Vitamin A from retinol are known to cause birth defects.

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

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GUARANTEED**

