

Carlson

A & D

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

Same dose,
new units per
FDA

DIETARY SUPPLEMENT

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

300 Soft Gels

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 300

	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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