

Supplement Facts

Serving Size 1 capsule
Servings Per Container 100

Amount Per Serving	% DV
Vitamin A 10,000 IU	200%
(from fish liver oil)	
Vitamin D 400 IU	100%
(from fish liver oil)	

OTHER INGREDIENTS: Soybean oil, gelatin (Kosher and Halal certified), glycerin, water.

Vitamin A&D

standard

fish liver oil

10,000/400 IU per capsule

Vitamin A is essential for vision, normal growth and immune function. Vitamin D aids in the absorption of calcium to form and maintain strong bones and protect from osteoporosis.*

DIETARY SUPPLEMENT
100 CAPSULES

10
MINUTES

** These capsules will disintegrate in the digestive tract within 10 minutes after swallowing.

DIRECTIONS: Take 1 capsule daily, or as directed by your health care professional. Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product contains soy and fish derivatives. It does not contain any of the other major food allergens: milk, egg, crustacean shell fish, tree nuts, wheat, peanuts (see www.fda.gov). Gluten free.

* THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

