



# A & D

**10,000 IU & 5,000 IU**  
**(3,000 mcg RAE) & (125 mcg)**

Same dose,  
new units per  
FDA

DIETARY SUPPLEMENT

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

300 Soft Gels | 300 Servings

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

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 300

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	3,000 mcg RAE	333%
Vitamin D (as cholecalciferol)	125 mcg (5,000 IU)	625%

Other Ingredients: Sunflower oil, soft gel shell (beef gelatin, glycerin, water).

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

**WARNING:** Reproductive Harm  
— www.P65Warnings.ca.gov

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

✓ **Gluten-free** ✓ **Milk/Casein-free**  
✓ **No Artificial Preservatives**

**POTENCY & QUALITY  
GUARANTEED**

Dist. by Carlson Div. of J.R. Carlson Laboratories, Inc.  
Arlington Heights, IL 60004 USA • 888-234-5656  
www.carlsonlabs.com • An FDA Regulated Facility



1223-1a