

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 4301
www.puritan.com
1-800-645-1030

Carefully Manufactured by
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Puritan's Pride

Vitamins

A & D 3

From
Fish Liver Oils



100
Rapid Release
Softgels

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Vitamin A	1,500 mcg	157%
(from Retinyl Palmitate and Fish Liver Oil)		
Vitamin D	10 mcg (400 IU)	50%
(from D3 Cholecalciferol and Fish Liver Oil)		

Other Ingredients: Gelatin, Vegetable Glycerin.
Contains fish (cod, haddock, pollock) ingredients.

This product contains 1,500 mcg of Vitamin A, which is equivalent to 5,000 IU.

This product contains 10 mcg of Vitamin D, which is equivalent to 400 IU.

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Starch, No Milk, No Lactose, No Soy,
No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.