



Carlson

A & D

25,000 IU & 1,000 IU  
(7,500 mcg RAE) & (25 mcg)

Same dose,  
new units per  
FDA

DIETARY SUPPLEMENT

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

250 Soft Gels | 250 Servings

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

Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 250

	Amount Per Serving	% Daily Value
Vitamin A (as/from fish liver oil and retinyl palmitate)	7,500 mcg RAE	833%
Vitamin D (from fish liver oil and cholecalciferol)	25 mcg (1,000 IU)	125%

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), natural mixed tocopherols. Contains fish (cod).

**WARNING:** The recommended daily serving of this product contains more than 10,000 IU of Vitamin A from retinol. 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 three times weekly **at mealtime**. Do not exceed recommended dosage. Do not take if you are pregnant or planning to become pregnant.

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

**WARNING:** Reproductive Harm  
— [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**POTENCY & QUALITY  
GUARANTEED**

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