

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

Carlson®

# A & D

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

DIETARY SUPPLEMENT

✓ Vision Support\* ✓ Immune Function\* ✓ Skin Health\*  
300 Soft Gels | 300 Servings

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.

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

## POTENCY & QUALITY GUARANTEED

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