

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



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	333%
(as/from fish liver oil and retinyl palmitate)		
Vitamin D	10 mcg	50%
(from fish liver oil and cholecalciferol)		

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

**POTENCY & QUALITY
GUARANTEED**

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