

**swanson.com**

or call 1-800-437-4148

- Supports eye health
- Helps maintain healthy immune system
- Helps maintain healthy skin and hair

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one softgel per day with water. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# A & D

Vitamins A and D

FROM COD LIVER OIL

VITAMIN SUPPLEMENT | 250 SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                           |               | % Daily Value |
|--|---------------|---------------|
| Vitamin A                                    | 1,500 mcg RAE | 167%          |
| (from cod liver oil and vitamin A palmitate) |               |               |
| Vitamin D                                    | 10 mcg        | 50%           |
| (from cod liver oil and cholecalciferol)     |               |               |

Other ingredients: May contain vegetable oil (corn or soybean oil); contains gelatin, glycerin, purified water.

Contains soy.

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