

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

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
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1211-3e



A & D

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

DIETARY SUPPLEMENT

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

100 Soft Gels | 100 Servings

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

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 100

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil and retinyl palmitate)	3,000 mcg RAE	333%
Vitamin D (from fish liver oil and cholecalciferol)	10 mcg	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.