

Vitamin A is an essential nutrient that helps maintain the health of eyes, hair, skin, bones, and teeth.* Vitamin A also promotes immune system health.*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Healthy you
Healthy earth

Prod. No. 1020 B1020 12G

NATURE'S BOUNTY®

1 PER DAY
SOFTGEL

Vitamin A

10,000 IU | From Retinyl Palmitate & Fish Liver Oil

Promotes Healthy
Vision, Hair & Skin*

RAPID RELEASE
LIQUID SOFTGEL



100 softgels VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Vitamin A	10,000 IU	200%
(as Retinyl Palmitate and Fish Liver Oil)		

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin.

Contains fish (anchovy, mackerel, jack, herring, menhaden, sardine, smelt, bonito, tuna, sand lance) ingredients.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A. © 2010 Nature's Bounty, Inc.