



A & D

10,000 IU & 400 IU

DIETARY SUPPLEMENT

Supports Healthy Vision and Immune Function*

100 Soft Gels

*This statement has 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

	Amount Per Soft Gel	% Daily Value
Vitamin A (from palmitate and fish liver oil)	10,000 IU	200%
Vitamin D3 (from fish liver oil)	400 IU	100%

Other Ingredients: Safflower oil. Soft Gel

Shell: Beef gelatin, glycerin, water.

Contains fish (cod, pollock, haddock).

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.

POTENCY & QUALITY GUARANTEED

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