

Since 1972

## Vital Nutrition Support

### RECOMMENDATION

Take one capsule daily with a meal.

**WARNING:** If pregnant, or planning pregnancy, daily vitamin A intake should not exceed 5,000 IU. Quantities in excess of 10,000 IU may result in reproductive hazards, or birth defects. Beta-carotene as a natural plant source of vitamin A poses no such risk.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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# VITAMIN A & D

Dietary Supplement  
100 CAPSULES

Stock No. 4065-3  
**NATURE'S SUNSHINE  
PRODUCTS, INC.**

Spanish Fork, Utah 84660 1-800-223-8225  
[www.naturessunshine.com](http://www.naturessunshine.com)

### Supplement Facts

Serving Size 1 Capsule

| Amount Per Capsule             | %Daily Value |
|--------------------------------|--------------|
| Vitamin A (fish oil) 10,000 IU | 200%         |
| Vitamin D (fish oil) 400 IU    | 100%         |

Other Ingredients: Soybean oil, capsule (gelatin, water, glycerin).

Contains fish such as Cod.

GUARANTEED PURE

LOT:  
Full Potency Through: