

This product is sourced from cod liver oil, providing BOTH Vitamins A and D₃. As it is derived from fish liver oil it is third party tested for heavy metals such as mercury to ensure purity and safety.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER

NO YEAST, CORN OR WHEAT
NO SOY, MILK OR SALT
NO SUGAR OR PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

Lot No:

Best by:

This product
has been
manufactured
at a GMP
Registered
facility.



ESTABLISHED
— 1971 —
**Country
Life**

NATURAL VITAMIN A & D₃

10,000 I.U. / 400 I.U.
Certified Gluten-Free

- From cod liver oil
- Supports immune, eye and bone health*



Dietary
Supplement

100 Softgels

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) softgel daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value	
Vitamin A (from cod liver oil)	10,000 I.U.	200%
Vitamin D (D ₃)(from cod liver oil)	400 I.U.	100%

Other Ingredients: Medium chain triglycerides, gelatin, glycerin, purified water (capsule shell). Contains fish (cod).

100% bovine gelatin, BSE-free.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Do not exceed 10,000 I.U. of vitamin A per day. Pregnant women and women of child-bearing age, do not exceed 8,000 I.U. of vitamin A per day.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured for Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 5651