

Vitamin A helps maintain healthy eyes and vision, supports immune function and is essential for healthy skin. Vitamin D performs various functions, including the promotion of bone health. The oil used in this formula is derived from deep-sea, cold-water fish. It has been molecularly distilled to remove harmful contaminants.*

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
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VITAMIN A&D 3

10,000 IU/400 IU

IMMUNE HEALTH SUPPORT*
HELPS MAINTAIN BONE & SKIN HEALTH*

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Vitamin A 10,000 IU (from retinyl palmitate and fish liver oil)	200%
Vitamin D3 400 IU (from D3 cholecalciferol and fish liver oil)	100%

DV= Daily Value

Other Ingredients: Gelatin, Vegetable Glycerin, Safflower Oil.

Contains fish (Cod, Haddock, Pollock).

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel daily, preferably at mealtime or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

