

Amount Per % Daily Soft Gel Value

Vitamin A 10,000 IU 200% (as/from fish liver oil and retinyl palmitate)

Vitamin D3 400 IU 100% (from fish liver oil and cholecalciferol)

Serving Size 1 Soft Gel

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.

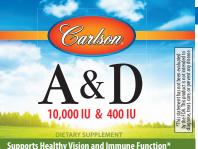
## POTENCY & QUALITY GUARANTEED

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100 Soft Gels