



Healthy you
Healthy earth

NATURE'S BOUNTY®

FACTS

VITAMIN

A 10,000 IU

**From Retinyl Palmitate
& Fish Liver Oil**

**Promotes Healthy
Vision, Hair & Skin***



100 SOFTGELS VITAMIN SUPPLEMENT

Vitamin A is an essential nutrient that helps maintain the health of eyes, hair, skin, bones, and teeth. Vitamin A also promotes immune system health.**

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

*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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving %Daily Value

Vitamin A	10,000 IU	200%
(as Retinyl Palmitate and Fish Liver Oil)		

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin.

Contains fish (cod, pollock, haddock, shark) ingredients.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.

© 2009 Nature's Bounty, Inc.



Prod. No. 1020
B1020 10E