



Healthy you  
Healthy earth

**NATURE'S BOUNTY®**

**100% NATURAL**

**A & D**

**From Fish Liver Oils**

**A 5,000 IU**

**D3 400 IU**

VITAMIN SUPPLEMENT

**100** SOFTGELS



**FACTS**

*Vitamins A and D3 help maintain bones and a healthy immune system.\* Vitamin A also assists in many other functions such as eyesight and skin maintenance.\* Vitamin D3 is a more potent and active form compared to Vitamin D2.*

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

**WARNING:** If you are pregnant, nursing or 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 Soy, 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 (from Fish Liver Oil)	5,000 IU 100%
Vitamin D (as D3 from Fish Liver Oil)	400 IU 100%

**Other Ingredients:** Gelatin, Vegetable Glycerin.

Contains fish (cod, haddock, pollock, 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](http://www.NaturesBounty.com)

Carefully Manufactured by  
**NATURE'S BOUNTY, INC.**

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