

Prod. No. 1040



**NATURE'S BOUNTY**



B1040 02B

# A & D

## VITAMIN A 10,000 I.U. VITAMIN D 400 I.U.

DIETARY  
SUPPLEMENT  
100 TABLETS



### Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Vitamin A 10,000 I.U. (as Retinyl Palmitate)	200%
Vitamin D 400 I.U. (as Cholecalciferol)	100%

**OTHER INGREDIENTS:** Dicalcium Phosphate, Cellulose (Plant Origin), Calcium Sulfate, Vegetable Stearic Acid, Cellulose Coating, Vegetable Magnesium Stearate, Silica.

**GUARANTEED FREE OF:** yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

**Vitamins A and D help maintain bones and a healthy immune system. Vitamin A assists in many other functions such as eyesight and skin maintenance.\***

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

**WARNING: KEEP OUT OF REACH OF CHILDREN.** Adults: Do not exceed 10,000 I.U. of Vitamin A daily. Pregnant Women and Women of Child Bearing Age: Do not exceed 8,000 I.U. of Vitamin A daily, except under the advice of a doctor. Everyone should limit excessive Vitamin A intake to avoid serious adverse effects.

**Coated for ease of swallowing.** Store in a cool, dry place.

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken

\*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.

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

Visit us on the Web [www.NaturesBounty.com](http://www.NaturesBounty.com)

Carefully Manufactured by

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