

Vitamins A&D

DIN 00571628, 100 capsules, Vitamin supplement, Stock No. 1724-2

Vitamins A & D, both found in fish-liver oils, are more effective when taken together.

Vitamin A is used to form the cells lining the digestive, respiratory, reproductive and urinary tracts and all tissue linings in the body.

Vitamin D is required for the absorption and utilization of calcium and phosphorus by the intestinal tract.

Both vitamins A & D are necessary for the normal growth and development of bones and teeth.

Did you know?

Vitamins A and D and Colds: 54 patients suffering from frequent colds, accompanied by high fever, were put into three groups. Group 1 received only vitamin A; Group 2 received only vitamin D; Group 3 received both vitamins A and D. Results: None of the patients who received either vitamin D or A alone benefited by the treatment. In the group that received both vitamins, 80 percent showed a significant reduction in both the number and severity of common colds.¹

NSP Advantage

100 soft gel capsules. Vitamin supplement.

Ingredients: 10,000 IU of vitamin A (palmate) and 400 IU of vitamin D3, from fish liver oil.

Recommendation: Take one capsule daily.

1. Dunne, Lavon J., *Nutrition Almanac*, McGraw-Hill, page 51.

Features & Benefits

- May help reduce both the number and severity of common colds, and enhance immunity.
- Vitamin A prevents night blindness and other eye problems, as well as some skin disorders, such as acne; builds resistance to respiratory infections; neutralizes free radicals.
- Vitamin D is a factor in the normal development of bones and teeth.