

> Vitamin A & D (Fish Oil Source) A 25,000 i.u.-D 1000 i.u.

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Manufacturer: Pure Herbs, LTD.

Below is about historical observations and historical data relating to herbs. This document is not intended to be a substitute for medical advice by license physicians. All readers should consult a physician regularly in all matters related to medical problems. This includes the diagnoses and treatment of disease and all other physical and mental conditions.

A & D VITAMINS (FROM FISH OIL) GEL CAPS -VITAMIN A -Vitamin A is an oil-based compound found in completed form in animal structures, most notably in fish oils, with its companion vitamin, Vitamin D. It is essential to life. That is to say, a body can not get along without it. **WHAT DOES IT DO?** Vitamin A cleans all hollow organs whether it comes from a plant or an animal source. It "sweeps out" the dead cells, dirty mucus, and congestive accumulation, from all hollow organs. Examples of hollow organs are blood vessels, lymph vessels (the body's other circulatory system which carries a clear or straw colored liquid, that contains more fluid than the blood does). It is essentially "filtered blood" and thinner blood (that goes where the blood can't and does much the same thing as the blood), in the brain and spinal fluid channel, sinuses, gall bladder, circulatory pathways of the eyes, brain, lungs, the urinary bladder, kidneys, reproductive areas, intestines and on and on. Vitamin A also plays a vital role in skin health. Its effect is much the same as an antibiotic to protect the skin. It contributes to the skin you love to touch. Continued use of sufficient Vitamin A casts congestive impurities out of the skin from head to foot. Do not be alarmed when this happens. Rejoice! After this, healthy new skin can be produced and the normal amount of oils are seen. This may take four months or more, but what else would you have been doing? **NOTE:** The benefits of Vitamin A, as well as other oily vitamins such as D and E, can be enjoyed more quickly if applied directly to the skin if there is a problem absorbing it from the digestive system, or if there are problems of the skin. **CAUTION:** When taking Vitamin A or any other vitamin, consult your doctor or health care provider before using, especially when using a therapeutic amount, as experiments with synthetic Vitamin A have shown it can be toxic. **VITAMIN D** -Vitamin D is often called the "Sunshine Vitamin". The skin can manufacture Vitamin D if enough sunlight falls on it without a sun blocker, or bathing immediately after exposure to the sun. Since it is an oily vitamin, when taken internally as a supplement, it needs to be taken with a natural oil, of vegetable or animal source, so it can be dissolved and absorbed. An excellent source of Vitamin D and Vitamin A is fish oil, where they are found naturally together. **WHAT DOES IT DO?** Vitamin D is an essential nutrient for healthy skin, strong bones, and healthy joints and teeth. Now look around you at the condition of those body structures of most people and see if you think they get enough of it. Vitamin D and the thyroid gland work together. The result is that the mineral Calcium can be absorbed, and the nerves are calmed. This same combination of Vitamin D, along with the thyroid gland, ensures the normal amount of the mineral Calcium in the blood, bones, and joints. You can at once see how important it is to keep Calcium in the bones and blood where it belongs, and not have it leak out or accumulate in the joints. If it is in the joints already, you want to halt the process while the body returns the Calcium to its proper place. Calcium in the blood is also necessary for blood to clot properly when there is a cut. **NOTE:** Vitamin D, and its companion Vitamin A, can be applied directly for rapid results to the troubled area if there is a problem absorbing it from the digestive system. **CAUTION:** When taking Vitamin D or any other vitamin, consult your doctor or health care provider before using; especially, when using a therapeutic amount, as experiments with synthetic Vitamin D have shown it can be toxic. **ADULT DOSE:** (1) Capsule per day or as advised by your doctor or health care provider.

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