

Vitamin A

Nature's Harmony® Vitamin A 10,000 IU is a potent vitamin A supplement naturally sourced from halibut liver oil. Vitamin A is a powerful antioxidant and it is essential for a strong immune system.

PRODUCT CODE: 400612

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain eyesight, bone growth and skin. A factor in the maintenance of good health.	Softgel	Adults 19 years and older take 1 softgel daily with a meal or as directed by a health care practitioner.

DESCRIPTION:

Vitamin A is essential for night vision and for the proper growth of skin and bones, and it is needed for the proper development of male and female reproductive organs. Vitamin A is also important in the enhancement of the immune system and it promotes healing. This vitamin is used in the treatment of acne, excessive menstruation and gastrointestinal disorders, including peptic ulcer and inflammatory bowel disease.

Recommended Daily Allowance Dosage varies, depending on age.

Food Sources: Liver, eggs, butter, fish liver oil, dairy products.

Causes of Deficiency: Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency.

Symptoms of Deficiency: Night blindness, dry eyes, eye infection, skin problems, slowed growth, reproductive failure, susceptibility to infection and disease (weak immune system).

Complementary Nutrients: Zinc, vitamin E.

HOW IT WORKS:

Many of the uses for vitamin A in health are related to the role it plays in our immune system and in the formation of healthy epithelial tissue—the skin, glands, mucous membranes, organ linings, and the entire length of the respiratory, gastrointestinal and genitourinary tracts. Vitamin A has been shown to improve resistance to infections, and it is often used as an excellent and safe immune system booster. As an antioxidant, it can protect against damage to cells that can lead to cancer.



DID YOU KNOW...

High-dose vitamin A supplementation can significantly protect against some of the immune-depressing effects of radiation and cancer chemotherapy.

Vitamin A

RESEARCH:

The efficacy of vitamin A in boosting the immune system is supported by scientific research. Several large, well-controlled, double-blind intervention trials have shown that intermittent high-dose vitamin A supplementation in malnourished children can significantly reduce mortality and the incidence of blindness, diarrhea, measles and some other infections. In one of these trials, there was a significant 27% relative reduction in mortality from all causes in children who received vitamin A supplementation.

SIDE EFFECTS:

High doses or prolonged use may cause bleeding gums, dry or sore mouth, or drying, cracking or peeling of the lips.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if taking etretinate, isotretinoin (Accutane), oral contraceptives or neomucin. Mineral oil, colestipol (cholesterol-lowering agent), cholestyramine or tetracycline may reduce the absorption of vitamin A.




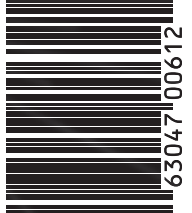
OTHER CONSIDERATIONS:

Although vitamin A is essential for proper growth of the fetus, taking more than 5,000 IU per day is not recommended during pregnancy and breastfeeding. Individuals with alcohol abuse and liver or kidney disease should consult a health care practitioner before using a vitamin A supplement.

Since vitamin A is stored in the liver and fatty tissues, high doses (more than 50,000 IU per day) can be toxic.

Vitamin A is normally distinguished by two forms: retinol (or "preformed" vitamin A) and beta carotene (called "provitamin A"); therefore, individuals must consider both sources of vitamin A when calculating their total daily intake.

LABEL:

 <p>Vitamine A 10,000 UI</p> <p>Maintient la vision, la croissance des os et la peau</p> <p>60 gélules</p>	<p>Usage recommandé: Aide au maintien de la vue, de la croissance des os et de la peau. Un facteur dans le maintien d'une bonne santé.</p> <p>Dose recommandée (adultes âgés de 19 ans et plus): Prendre 1 gélule par jour, accompagnée d'un repas, ou selon l'avis du médecin ou d'un praticien de soins de santé.</p> <p>Ingédient médicinal: Chaque gélule contient: Vitamine A (rétinol)3003 mcg EAR/10,000 UI (provenant d'huile de foie de flétan)</p> <p>Ingédients non médicinaux: eau purifiée, gélatine, glycérine, huile de soja, huile minérale, lécithine de soja.</p> <p>Ce produit ne contient pas de gluten, lactose, sucre, levure, ou colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</p>	 <p>Vitamin A 10,000 IU</p> <p>Helps to Maintain Eyesight, Bone Growth and Skin</p> <p>60 Softgels</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST DÉRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2X3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p> 63047 00612 1</p> <p>400612-01-405</p>
--	---	--	--