



# Vitamin A

INTRODUCED 1994

## What Is It?

Vitamin A is an essential vitamin that provides a wide range of support for the entire body.\*

## Uses For Vitamin A

**Overall Health:** Vitamin A is a fat-soluble vitamin. It is required for vision, growth and bone development, reproductive function, cell growth, immune function, and the integrity of mucosal and epithelial surfaces.\*

## What Is The Source?

Vitamin A is sourced from cod liver oil and synthetic vitamin A palmitate. Natural tocopherols are derived from highly refined soybean oil.

## Recommendations

Pure Encapsulations recommends 1 capsule per day, with a meal.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Vitamin A 25,000 i.u is not designed for long-term usage. Ongoing use should be monitored by a health professional. Chronic use of large amounts of vitamin A can cause symptoms of vitamin A toxicity including fatigue, irritability, depression, abdominal discomfort, nausea and vomiting, mild fever, dry skin, anemia or decreased white blood cells. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Vitamin A supplementation should be avoided by individuals taking retinoid medications. It may also be contra-indicated with blood thinning medications, tetracycline antibiotics and hepatotoxic medications. Consult your physician for more information.

### Vitamin A

each softgel capsule contains 5 sg  
vitamin A (from cod liver oil) (preservative free)..... 25,000 i.u.  
other ingredients: soybean oil, gelatin capsule  
Contains soy, fish  
1 capsule per day, with a meal.

*Not to be taken by pregnant or lactating women.*

### Vitamin A 10,000 i.u.

each softgel capsule contains 3 sg  
vitamin A ..... 10,000 i.u.  
(Norwegian cod liver oil and vitamin A palmitate blend)  
other ingredients: natural lemon flavor, proprietary natural tocopherols and rosemary antioxidant blend, gelatin capsule  
Contains fish  
1 capsule per day, with a meal.

*Not to be taken by pregnant or lactating women.*

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

