



Beta Carotene

Introduced 1992

What Is It?

Beta carotene is one of the major dietary antioxidants, offering the body optimal nutrition support through free radical scavenger activity and provitamin A activity.*

Uses For Beta Carotene

Overall Health: Beta carotene is a precursor to vitamin A. It supports the body's defense system, enhances visual acuity and quenches free radicals. Beta carotene's powerful antioxidant potential supports healthy tissues and DNA integrity. The body converts beta carotene to vitamin A as needed.*

What Is The Source?

Beta Carotene is sourced from *Dunaliella salina* algae. Each capsule typically contains 14,280 mcg beta carotene, 90 mcg zeaxanthin, 70 mcg lutein, 450 mcg alpha carotene and 110 mcg cryptoxanthin.

Recommendations

Pure Encapsulations® recommends 1 capsule, 1-2 times daily, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Beta carotene is contraindicated for smokers and people with a history of asbestos exposure. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Concurrent use of beta carotene with HMG-CoA reductase inhibitors and niacin may decrease medication effectiveness. Consult your physician for more information.

Beta Carotene

each softgel capsule contains 3 mg
vitamin A (as beta carotene) 25,000 IU
(with alpha carotene, cryptoxanthin, zeaxanthin and lutein)
(from D. Salina, 100% natural)
other ingredients: sunflower oil, olive oil, gelatin capsule (gelatin,
glycerin, water, carob)
1 capsule, 1-2 times daily, with meals.