



Vitamin A + Carotenoids

Introduced 2016



What Is It?

Vitamin A + Carotenoids provides preformed vitamin A to support cellular, ocular and immune function, plus carotenoids to promote retinal and macular health.*

Uses For Vitamin A + Carotenoids

Overall Health: Vitamin A is a fat-soluble vitamin. It is essential to the healthy functioning of a number of biological processes, including vision, growth, reproductive function and the body's defense system. While many individuals are able to convert provitamin A carotenoids, like beta carotene, into active vitamin A, recent research has revealed that genetic variations can limit the ease of this conversion.*

Macular Health: In addition to vitamin A, which plays a key role in the visual cycle, this formula also includes a blend of lutein, zeaxanthin and astaxanthin to promote macular health. Variations in the BCMO1 gene have also been associated with macular pigment density. Lutein and zeaxanthin, the two carotenoids found in macular pigment, act to support optical lens health as well as the integrity and density of the pigment.*

What Is The Source?

Vitamin A and zeaxanthin are synthetic. Lutein is derived from marigold flower extract. Astaxanthin is derived from *Haematococcus pluvialis* algae extract. Red beet powder is derived from *Beta vulgaris* root. Hypoallergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations® recommends 1 capsule daily, with a meal.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Chronic use of large amounts of vitamin A (10,000 IU or above) can cause symptoms of vitamin A toxicity, including fatigue, irritability, depression, abdominal discomfort, nausea and vomiting, mild fever, dry skin, anemia, decreased white blood cells, or birth defects. Consult your physician for more information.

Are There Any Potential Drug Interactions?

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

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each vegetarian capsule contains	 v 3
vitamin A (as vitamin A acetate).....	5,000 IU
lutein.....	3 mg
zeaxanthin.....	500 mcg
AstaReal® Astaxanthin	500 mcg
(from <i>Haematococcus pluvialis</i> algae extract)	
other ingredients: red beet powder, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	
<i>Vitamin A at levels above 10,000 IU can lead to serious adverse side effects, including birth defects.</i>	
1 capsule daily, with a meal.	

 lutein is a registered trademark of Kemira Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

 is a registered trademark of Fuji Chemical Industries Co., Ltd.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com
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