



# 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 derived from cod liver oil. Each softgel also contains refined soybean oil to complete capsule volume.

## 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. This product 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 mg

vitamin A (from cod liver oil) (preservative free)..... 25,000 i.u.

other ingredients: soybean oil, gelatin capsule

Contains soy

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.

