

Where Science and Nature Come Together.®

FOODSCIENCE®
of Vermont

Natural Vitamin A

- A dietary supplement available in 10,000 IU and 25,000 IU softgels that supports skin, eye and immune system health.*

- **About Vitamin A:**

Vitamin A is a fat-soluble vitamin with multiple functions in the body. It helps cells differentiate, an essential part of cell reproduction. Vitamin A also has antioxidant properties essential for proper immune system functioning.* A lack of Vitamin A can cause skin to become dry and hardened, increased susceptibility to infection.

- **Who is likely to be deficient of Vitamin A?**

People who limit their consumption of liver, dairy foods and beta-carotene-containing vegetables. The elderly, people who have problems absorbing nutrients from the intestine and those who abuse mineral laxatives. People with hypothyroidism have an impaired ability to convert beta-carotene to Vitamin A. For this reason, some doctors suggest taking supplemental Vitamin A if they are not consuming adequate amounts in their diet. The earliest deficiency sign is poor night vision. Deficiency symptoms can also include dry skin.

- **Symptoms of Vitamin A deficiency include:**

- Reduced night vision
- Night blindness
- Dry eyes
- Rough skin
- Dry skin
- Poor wound healing

Supplement Facts

10,000 I.U.

Serving Size: 1 Softgel
Amount Per Serving

Vitamin A (as Retinyl Palmitate and fish liver oil) 10,000 IU

Other ingredients: soybean oil, gelatin, vegetable glycerin, purified water.

- **Contains: Soy and fish (anchovy, mackerel, herring, mehaden, sardine and smelt).**

Supplement Facts

25,000 I.U.

Serving Size: 1 Softgel
Amount Per Serving

Vitamin A (from fish liver oil) 25,000 IU

Other ingredients: soybean oil, gelatin, glycerin, water.

- **Contains: Soy and fish (cod, halibut and salmon).**

Warning: Studies indicate that levels of Vitamin A in excess of 4,000 IU daily may increase the incidence of birth defects. If pregnant or nursing, consult your health care practitioner before taking this product.

Warning: This product contains levels of Vitamin A in excess of 10,000 IU, a chemical known to the State of California to cause birth defects or other reproductive harm.

- **Suggested Use:** As a dietary supplement, take 1 softgel daily with a meal.

Sold Exclusively Through Retailers.

0300100.100 (100 Softgels) - 10,000 IU

0300101.100 (100 Softgels) - 25,000 IU

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

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