



— Your Trusted Source —

Vitamin A

Introduced 1994



What Is It?

Vitamin A is an essential vitamin that provides a wide range of nutritional 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 daily, with a meal.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. 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 10,000 iu

each softgel capsule contains	3 sg
vitamin A	10,000 iu
(from Norwegian cod liver oil and vitamin A palmitate)	
other ingredients: natural lemon flavor, proprietary natural tocopherols and rosemary antioxidant blend, gelatin capsule (gelatin, glycerin, water)	
Contains fish (cod)	
Not to be taken by pregnant or lactating women.	
1 capsule daily, with a meal.	

*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.