

Vitamin A (Item #5020)

Your Skin and Eyes will Thank You...

Vitamin A is a group of compounds that play an important role in vision, bone growth, reproduction, cell division, and cell differentiation (in which a cell becomes part of the brain, muscle, lungs, blood, or other specialized tissue.). Vitamin A helps regulate the immune system, which helps prevent and fight off infections by making white blood cells that destroy harmful bacteria and viruses. Vitamin A also may help lymphocytes (a type of white blood cell) fight infections more effectively.

Dosage:

The recommended dosage is one to two soft-gel capsules daily. Many people take even higher doses. As with any supplement, achieving the best results from Vitamin A may require a change in lifestyle. Maintaining a healthy diet, exercising the body and mind, limiting alcohol intake, avoiding cigarette smoke and taking supplements are just a few ways to improve overall health.

Ingredients Explained

Vitamin A: Vitamin A promotes healthy surface linings of the eyes, respiratory, urinary, and the intestinal tracts. When those linings break down, it becomes easier for bacteria to enter the body and create infection. Vitamin A also helps the skin and mucous membranes function as a barrier to bacteria and viruses.

Vitamin A is an essential human nutrient. It can be found in the following forms: retinol and retinoic acid. Retinol is the immediate precursor to two important active metabolites: retinal, which plays a critical role in vision and retinoic acid, which serves as an intracellular messenger.

Vision: Retinal is a crucial component of *rhodopsin* or *visual purple*, the light sensitive pigment within rod and cone cells of the retina. If adequate levels of vitamin A are not present, vision is impaired.

Resistance to infectious disease: In almost every infectious disease studied, vitamin A deficiency has been shown to increase the frequency and severity of disease.

Epithelia cell "integrity": Many epithelia (skin) cells appear to require vitamin A for proper differentiation and maintenance. Lack of vitamin A leads to dysfunction of many epithelia – the skin becomes keratinized and scaly, and mucus secretion is suppressed. It seems likely that many of these effects are due to deficits in retinoic acid signaling.

Bone remodeling: Normal functioning of osteoblasts and osteoclasts is dependent upon vitamin A.

Reproduction: Normal levels of vitamin A are required for sperm production, reflecting a requirement for vitamin A by spermatogenic epithelial (Sertoli) cells. Similarly, normal reproductive cycles in females require adequate availability of vitamin A.

Ordering Information

Vitamin A (*Item #5020*) 100 soft gels

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.