

Vitamin A

➤ Enriched milk

➤ Meat

➤ Cheese

➤ Cream

➤ Kidney

➤ Oil of some fish

➤ Yellow and orange vegetables

➤ Green vegetables like broccoli and spinach

➤ Side Effects Of Vitamin A ◀ Deficiency Or Excess

In case of deficiency of this vitamin, it may first suffer from reversible night blindness and its irreversible type (dry eye). The next complication of vitamin A deficiency can be hyperkeratosis, a skin condition that causes the skin to flake. An overdose of vitamins can also cause poisoning and eventually illness. High doses of this vitamin can even lead to congenital disabilities. However, this poisoning usually occurs when a person consumes several thousand units of this vitamin. This rate is about 25,000 UI in adults, and children are even more sensitive than this rate, and smaller amounts can cause problems. Beta-carotene does not make the person sick, but it can cause jaundice.



➤ Vitamin A And Pregnancy ◀

As mentioned earlier, excessive amounts of this vitamin can harm the fetus. Therefore, pregnant women are strongly advised to refrain from taking supplements containing this vitamin on their own. The liver is also not recommended for pregnant women due to the abundance of this vitamin.

➤ Vitamin A Consumption In ◀ Old Age

Menopausal women and older men have a higher risk of osteoporosis. Therefore, people in this age group should not consume more than 1.5 mg of vitamin A per day. So in these people, it is strongly recommended to control their liver intake and dietary supplements.

VITAMIN A



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► Vitamin A ◀

Vitamin A is one of the fat-soluble vitamins that, like other vitamins, is essential for its vital functions and biochemical reactions. This vitamin is fully supplied through proper nutrients, and if it is deficient in the body, the person will suffer injuries.

► Vitamin A Benefits ◀

Before expressing the benefits and function of vitamin A in the body, it is better first briefly to introduce retinol and carotenoids:

Retinol is an active form of vitamin A found in the liver, milk, and some fortified foods.

Carotenoids are dark pigments that can be converted to a form of vitamin A if consumed. Carotenoids are also commonly found in plant foods. So far, more than 500 types of carotenoids have been identified, including beta-carotene.

The properties of vitamin A include:

- Vitamin A helps maintain the shape and health of teeth, skeletal tissue, and soft tissues such as mucous membranes, muscles, and skin.
- This vitamin produces better pigmentation, especially at night, by producing pigment in the retina.



Beta-carotene is an antioxidant. Antioxidants prevent free radical damage to cells. Free radicals are substances that are considered to be the leading causes of cancer and play an essential role in many other diseases. However, beta-carotene supplements do not appear to play a role in the fight against cancer.

► Vitamin A Sources ◀

Vitamin A for an average person is provided by consuming substances containing this vitamin. Rich sources of vitamin A, carotenoids, and beta-carotene are:

- Liver
- Egg