

VITAMIN A – HOW TO USE VITAMIN A

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Dear Subscriber,

Vitamin A is another molecule (sometimes referred to as a group of similar molecules) that is essential for the human body to function. According to science, you have to eat vitamin A because the body has no way of making it, and it is essential for cellular functioning.

Vitamin A is vital to vision as it is a part of visual pigments and tissues, it is essential to reproductive tissues and is involved in cellular growth. A preliminary form of vitamin A is found in dairy, eggs and meat. Beta-carotene is found in plant sources and is converted to vitamin A after consuming it.

Vitamin A is fat soluble, meaning your body can store it if you were to take extra amounts of it. This can be good for reserves but potentially bad if you were to get too much. If you were to eat 6 ounces of liver for example, you could get over 80,000 units of vitamin A. During pregnancy, a woman should not take more than 5000 units a day. So if you are pregnant or possibly could become pregnant, be aware of what you are eating! *Deficiency* of vitamin A during pregnancy is also known to cause birth defects, blindness for the developing embryo, and a defective immune system. Obviously a balance of nutrition is the best practical approach to nutrient therapy.

I recommend an individual approach to nutrient supplementation. However, a general preventative or maintenance approach would be to take 10,000 IU of vitamin A per day for non-pregnant adults. Children would require a proportionately lower amount. Always see your healthcare provider when using nutrients for therapy.

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To your health!

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The opinion expressed is that of Dr. Mark Laursen, M.D.