

Vitamin A 25,000 I.U.



Clinical Applications

- Important Nutrient for Vision.*
- Supports Immune System Function.*
- Supports Bone Health.*
- Healthy Skin*

Vitamin A 25,000 I.U. supplies the preformed retinol form of vitamin A as found in fish liver oil. Vitamin A provides a wide range of nutritional support for the entire body, including vision, skin and mucous membranes. Vitamin A is also an essential nutrient for the body's natural defense systems.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Vitamin A is the name of a group of fat-soluble retinoids, including retinol, retinal, and retinyl esters.¹⁻³ Vitamin A is involved in immune function, vision, reproduction, and cellular communication.^{1,4,5} Vitamin A is critical for vision as an essential component of rhodopsin, a protein that absorbs light in the retinal receptors, and because it supports the normal differentiation and functioning of the conjunctival membranes and cornea.^{2,4} Vitamin A also supports cell growth and differentiation, playing a critical role in the normal formation and maintenance of the heart, lungs, kidneys, and other organs.²

Two forms of vitamin A are available in the human diet: preformed vitamin A (**Retinol** and its esterified form, retinyl ester) and provitamin A **Carotenoids**.¹⁻⁵

- **Preformed vitamin A** is found in foods from animal sources, including dairy products, fish, and meat (especially liver). By far the most important provitamin A carotenoid is beta-carotene.
- **Provitamin A carotenoids** are alpha-carotene and beta-cryptoxanthin.

The body converts these plant pigments into vitamin A. Both provitamin A and preformed vitamin A must be metabolized intracellularly to retinal and retinoic acid, the active forms of vitamin A, to support the vitamin's important biological functions.^{2,3}

Other carotenoids found in food which does not converted into vitamin A, such as:-

- Lycopene
- Lutein
- Zeaxanthin

The various forms of vitamin A are solubilized into micelles in the intestinal lumen and absorbed by duodenal mucosal cells.⁵ Both retinyl esters and provitamin A carotenoids are converted to retinol, which is oxidized to retinal and then to retinoic acid.² Most of the body's vitamin A is stored in the liver in the form of retinyl esters.

Retinol and Carotenoid levels are typically measured in plasma, and plasma retinol levels are useful for assessing vitamin A inadequacy. However, their value for assessing marginal vitamin A status is limited because they do not decline until vitamin A levels in the liver are almost depleted.³ Liver vitamin A reserves can be measured indirectly through the relative dose-response test, in which plasma retinol levels are measured before and after the administration of a small amount of vitamin A.⁵ A plasma retinol level increase of at least 20% indicates an inadequate vitamin A level.^{3,5,6} For clinical practice purposes, plasma retinol levels alone are sufficient for documenting significant deficiency.

***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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A plasma retinol concentration lower than 0.70 micromoles/L (or 20 micrograms [mcg]/dL) reflects vitamin A inadequacy in a population, and concentrations of 0.70–1.05 micromoles/L could be marginal in some people.⁵ In some studies, high plasma or serum concentrations of some provitamin A carotenoids have been associated with a lower risk of various health outcomes, but these studies have not definitively demonstrated that this relationship is causal.

Supplement Facts	
Serving Size 1 Softgel	
Servings Per Container 100	
Amount Per Softgel	% Daily Value
Vitamin A (from fish liver oil)	7,500 mcg RAE 833%

Other ingredients: Soybean oil, gelatin, glycerin, and water.

Contains: Fish (Gadidae family, including cod, saithe, haddock and pollock) and soy.



Suggested Use

Adults take 1 softgel daily with food or as directed by a healthcare professional.

Allergy Statement

Free of the following common allergens: milk/casein, eggs, shellfish, tree nuts, peanuts, wheat, gluten, corn, and yeast. Contains no artificial colors, flavors, or preservatives.

Caution

For adults only. This product is not intended for long-term daily use. Do not exceed the recommended dose. If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product.

KEEP OUT OF REACH OF CHILDREN.

Reference

1. Johnson EJ, Russell RM. Beta-Carotene. In: Coates PM, Betz JM, Blackman MR, et al., eds. Encyclopedia of Dietary Supplements. 2nd ed. London and New York: Informa Healthcare; 2010:115-20.
2. Ross CA. Vitamin A. In: Coates PM, Betz JM, Blackman MR, et al., eds. Encyclopedia of Dietary Supplements. 2nd ed. London and New York: Informa Healthcare; 2010:778-91.
3. Ross A. Vitamin A and Carotenoids. In: Shils M, Shike M, Ross A, Caballero B, Cousins R, eds. Modern Nutrition in Health and Disease. 10th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2006:351-75.
4. Solomons NW. Vitamin A. In: Bowman B, Russell R, eds. Present Knowledge in Nutrition. 9th ed. Washington, DC: International Life Sciences Institute; 2006:157-83.
5. Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. Washington, DC: National Academy Press; 2001.

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