

Beta Carotene 25,000 IU

• free of all common allergens • Non-Oil Based, Dry Form • 100% Natural •

Overview

Beta-carotene, best known as a precursor for Vitamin A, is an important antioxidant that helps to prevent harmful free radical damage in the body. Beta-carotene belongs to a group of plant compounds called carotenoids. These are the pigments that provide the yellow, orange, and red coloration in fruits and vegetables. Beta-carotene is the most abundant carotenoid in human foods and is thought to be the most important carotenoid for humans. Enzymes in the intestines convert beta-carotene to vitamin A whenever it is needed. Beta-carotene occurs exclusively in plant (fruit and vegetable) foods. Foods containing high amounts of beta-carotene are green leafy vegetables, carrots, sweet potatoes, squash, spinach, apricots, peaches, cantaloupe, and green, yellow and red peppers.

*Research Indicates

- When combined with Vitamin E and Vitamin C has been shown to delay the progression of age related cataracts
- Research shows that low levels of beta-carotene have been associated with a greater risk for certain cancers
- May support healthy immune function
- Important for cardiovascular health
- Studies indicate that it may provide relief to people who suffer from the genetic disorder erythropoietic protoporphyria (EPP)
- Powerful antioxidant

Dosage

Typical daily dosage ranges from 10-25,000 IUs. The RDA for Vitamin A is 5000 IU.

Cautions

- ✦ If you are pregnant or lactating consult a health care practitioner prior to using Beta Carotene.
- ✦ Research indicates that smokers may wish to avoid supplementation with Beta Carotene as it has been associated with increased risk for lung cancer in those who smoke.
- ✦ Consult a health care practitioner prior to using Beta carotene if you have hypothyroidism, kidney, liver or eating disorders.
- ✦ Occasional side effects reported with large doses of Beta Carotene include a harmless orange coloring of the skin called carotenosis, discontinue use and consult a health care practitioner if you experience this

**These statements have not been evaluated by the Food and Drug Administration*

This information is not intended to diagnose, treat, imply cure or prevention of any disease.

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose.
Contains no artificial colors, flavors or preservatives.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Vitamin A (as 100% Beta Carotene)	25,000 IU	500
*Daily Value not established		

Other ingredients: Rice powder, gelatin, magnesium stearate.

Directions: Take 1 capsule, daily with a meal.

Note: If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.