



CLINICIANS

Vitamin A

About Vitamin A

- Beta carotene is one of a group of natural chemicals known as carotenes or carotenoids.
- Carotenes are responsible for the orange color of many fruits and vegetables such as carrots, pumpkins and sweet potatoes.
- It is an antioxidant, like vitamins E and C.
- Beta Carotene is also known as Provitamin A is important in the formation of bones and teeth.*
- Beta Carotene is also a potent antioxidant like vitamins C and E that helps rid the body of the “free radicals” that can destroy cells and interfere with desirable chemical reactions.*
- Beta carotene is converted into Vitamin A by the liver on an “as needed” basis and is water soluble (unlike Vitamin A, which is fat soluble) which means it does not build up in the body.
- Beta carotene also supports Vitamin A deficiency without any problem of toxicity associated with “mega” doses of Vitamin A.*

Vitamin A is recommended for:

- Ocular Support*
- Immune System Support*
- Skin Health*

Supplements Facts

Serving Size 1 Softgel

Amount Per Serving

Vitamin A	25,000 IU
(100% as beta carotene)	

Other ingredients: soybean oil, gelatin, glycerin, yellow beeswax, soy lecithin.

Contains: Soy.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 softgel daily, or as directed by your healthcare practitioner.

Distributed by
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02RV103.090

*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.