**MAIN FUNCTIONS**

- Essential for sight, dim-light adaptation, and color vision
- Supports reproductive health for both men and women
- Required for proper immune function
- Influences cell growth and development

**GOOD SOURCES**

There are two forms of dietary vitamin A: preformed vitamin A from animal products and provitamin A carotenoids from fruit and vegetables.

<table>
<thead>
<tr>
<th>Preformed Vitamin A</th>
<th>Provitamin A yellow &amp; orange fruit &amp; vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cod Liver Oil, 1 teaspoon, 1,350 µg RAE</td>
<td>Egg, 1 large, 80 µg RAE</td>
</tr>
<tr>
<td>Sweet Potato (baked), 1 cup, 1,922 µg RAE</td>
<td></td>
</tr>
</tbody>
</table>

RAE = Retinol Activity Equivalents; µg = micrograms

**DAILY RECOMMENDATION**

- **Men**: 900 µg RAE
- **Women**: 700 µg RAE

**SPECIAL NOTES**

- RAE = a unit of measure for the vitamin A content of food. It reflects the amount of active vitamin A provided by the different types of food sources.
- It is possible to ingest too much preformed vitamin A (retinol). The Tolerable Upper Intake Level (UL) is 3,000 µg RAE of retinol/day.
- There is no UL for provitamin A carotenoids because the liver controls their conversion to retinol.