

VITAMIN A (RETINOL)



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

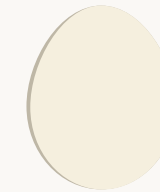
There are two forms of dietary vitamin A: preformed vitamin A from animal products and provitamin A carotenoids from fruit and vegetables.

Preformed Vitamin A

Cod Liver Oil,
1 teaspoon,
1,350 μg RAE



Egg, 1 large,
80 μg RAE



Provitamin A

yellow & orange fruit & vegetables

Sweet Potato (baked), 1
cup, 1,922 μg RAE



RAE = Retinol Activity Equivalents; μg = micrograms

DAILY RECOMMENDATION

900
 μg RAE

Men

700
 μg RAE

Women

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.