

VITAMIN A (RETINOL)



MAIN FUNCTIONS

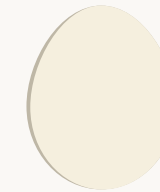
- Essential for sight, dim-light adaptation, and color vision
- Supports reproductive health for both men and women
- Required for proper immune function
- Influences cell growth and development

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



RAE = Retinol Activity Equivalents; μg = micrograms

Provitamin A

yellow & orange fruit & vegetables

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



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.