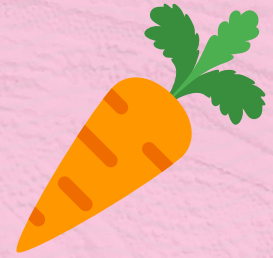


Meet Micronutrients: Vitamin A

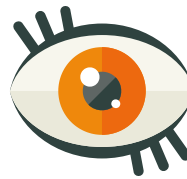


What Is Vitamin A?



Vitamin A is the name for a group of fat-soluble retinoids, including retinol, retinal, and retinyl esters. These are micronutrients.

What Does Vitamin A Do?



Vitamin A promotes healthy vision and strengthens the immune system. Your body also relies on it for proper cell growth and differentiation.

How Much Do I Need?



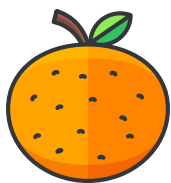
Most adults need between 700 and 900 retinol activity equivalents (RAE) per day. Note that too much vitamin A can be toxic, so don't overdo it!

What Foods Have Vitamin A?



There are two types of vitamin A. Preformed vitamin A is common in dairy products, fish, and meat. Provitamin A carotenoids can be found in leafy green vegetables and fruits and vegetables that are orange.

Why Micronutrients?



According to Oregon State University, "micronutrient inadequacies could elicit symptoms of general fatigue, reduced ability to fight infections, or impaired cognitive function (i.e., attention [concentration and focus], memory, and mood). Micronutrient inadequacies may also have important implications for long-term health and increase one's risk for chronic diseases like cancer, cardiovascular disease, type 2 diabetes mellitus, osteoporosis, and age-related eye disease."