

VITAMIN

A

Vitamin A is a fat-soluble vitamin that plays a crucial role in various bodily functions, including vision, immune system support, skin health, and proper functioning of several organs. It's important to maintain an adequate but not excessive intake of vitamin A. Too much vitamin A from supplements, for example, can be toxic and lead to hypervitaminosis A, which can have adverse health effects. Vitamin A can be found in Cheese, Eggs, Oily fish, Low-fat spreads, Milk, Yoghurt, Liver, and Liver products like pate. You can also get vitamin A by including good sources of beta-carotene in your diet.

Vision

Vitamin A is essential for maintaining good vision, particularly in low-light conditions.

Immune System

Vitamin A is important for a healthy immune system, helping the body fight off infections and illnesses.

Skin Health

It plays a role in maintaining healthy skin which act as barriers to bacteria and viruses.

Cell Growth

Vitamin A is involved in cell differentiation, growth, and development.

RDA

Male - 900mcg

Female - 700mcg

