

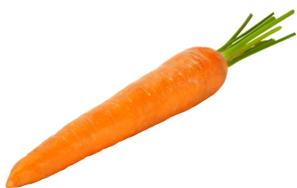
Vitamin A



Why do we need it?

- Vision.
- Supports the functioning of the immune system.
- Reproduction & embryonic development.
- Cellular Communication.

Recommended Daily Allowance: 700-900 micrograms RAE/day.



= 600 microg RAE

1 Carrot



= 1764 microg RAE

3oz Beef Liver



= 450 microg RAE

1/2 Sweet Potato

Symptoms of Deficiency:

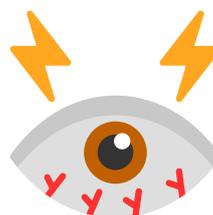
Night Blindness



Skin Issues



Dry Eyes



Increased Infections

