

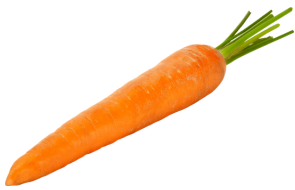
# Vitamin A



## 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.**



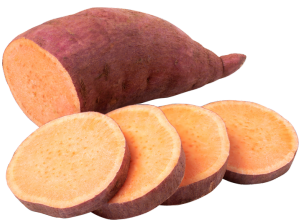
**= 600 microg RAE**

1 Carrot



**= 1764 microg RAE**

3oz Beef Liver



**= 450 microg RAE**

1/2 Sweet Potato

## Symptoms of Deficiency:

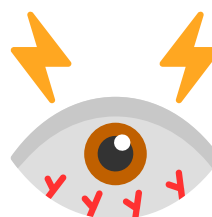
Night Blindness



Skin Issues



Dry Eyes



Increased Infections

