

Beta-Carotene (10% Dry Beadlets)

100 grams

Item Catalog Number: 00088

Beta-carotene is the most potent precursor to vitamin A, but its conversion to vitamin A in the body is limited by a feedback system, and is referred to as provitamin A carotenoid. It is an important antioxidant in its own right and one that can only build up to toxic levels in rare circumstances. Beta-carotene helps support immune health by enhancing the function of the thymus gland.^{77,78} Beta-carotene is an important antioxidant that also serves as an on-demand precursor to vitamin A.

Vitamin A and its analogs have shown the ability to help maintain proper DNA function.⁷²⁻⁷⁵ One study, however, has shown that for certain lifestyles (e.g., smokers) supplemental intake of too much beta-carotene in the absence of other carotenoids and antioxidants (such as at least 400 IU/day of vitamin E) may be harmful.⁷⁶

References

Supplement Facts

Serving Size 1/8 teaspoon (approx. 390 mg)

Servings Per Container approximately 256

Amount Per Serving

Vitamin A (as beta-carotene)

65,000 IU

Other ingredients: fish gelatin, sucrose, corn oil, starch, dl-alpha tocopheryl acetate, ascorbyl palmitate.

This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take 1/8 rounded teaspoon (approx. 390 mg) with food, or as recommended by a healthcare practitioner.
- 390 mg beta-carotene 10% beadlets contains 39 mg beta-carotene which supplies 65,000 IU of vitamin A.

Caution

High chronic doses of vitamin A from animal sources can build to toxic levels. While beta-carotene is not toxic for healthy people and cannot cause a toxic buildup of vitamin A, those with liver disease should not take large doses.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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