



## BETA CAROTENE

Vitamin A is the general name given to a group of substances that include retinol, retinal and carotenoids. Beta Carotene is classed as a provitamin or precursor to Vitamin A and is found mainly in vegetables and fruits rather than animal sources. Beta Carotene is one of a family of 600 carotenoids and is found in high levels in carrots, pumpkins, spinach, broccoli, Brussels sprouts, oranges, apricots and peaches.



## The Benefits of Beta Carotene

Due to the fact that Beta Carotene is converted into Vitamin A many of its functions are those of Vitamin A:-

- Promotes growth, strong bones, healthy teeth, skin, hair and gums.

- Counteracts night blindness, weak eyesight and assists the treatment of many eye disorders.

- Builds resistance to respiratory infections and shortens the duration of diseases.

- Helps the removal of age spots.



## Properties

Conversion - Beta Carotene is safely converted within the body into Vitamin A. As the quantity of Beta Carotene increase the proportion of Beta Carotene converted to Vitamin A decreases in order to prevent toxic build up of Vitamin A. This is desirable since Beta Carotene is non-toxic even when in quantities sufficient to impact yellow coloration of the skin.

Antioxidant - Perhaps the most important function of the Beta Carotene molecule is its action as an antioxidant by limiting cell damage caused by highly reactive unstable molecules called free radicals.



## Contra-indications/Precautions

None known at the recommended usage.

## Why Choose Natures Aid Beta Carotene?

Each Natures Aid Beta Carotene capsule provides 15mg of natural Beta Carotene derived from the plant *Dunaliella* which is the richest vegetable source of Beta Carotene.



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