

BETA CAROTENE

About Beta Carotene

- Beta carotene is one of a group of natural chemicals known as carotenes or carotenoids.
- Carotenes are responsible for the orange color of many fruits and vegetables such as carrots, pumpkins and sweet potatoes.
- Beta carotene is also known as provitamin A, and is important in the formation of bones and teeth.*
- Beta carotene is a potent antioxidant like vitamins C and E that helps rid the body of the “free radicals” that can destroy cells and interfere with desirable chemical reactions.*
- Beta carotene is converted into vitamin A by the liver on an “as needed” basis and is water soluble (unlike vitamin A, which is fat soluble) which means it does not build up in the body.
- Beta carotene also supports vitamin A deficiency without any problem of toxicity associated with “mega” doses of vitamin A.*

Beta Carotene is recommended for:

- Ocular Support*
- Immune System Support*
- Skin Health*

Suggested Use: As a dietary supplement, take 1 softgel daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90 or 180

Amount Per Serving	% Daily Value
Vitamin A	
(100% as beta carotene) 7,500 mcg	833%

Other ingredients: Soybean oil, gelatin, glycerin, corn oil, water, yellow beeswax, soy lecithin.

Contains: Soy.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

GLUTEN FREE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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