

# Vitamin A 1000



## Vitamin A: The eye vitamin

Vitamin A is a fat-soluble vitamin, which, as a building block of the visual purple (rhodopsin), is central for the visual process and is involved in the conversion of light energy into neural energy. Furthermore, vitamin A influences the regulation of numerous metabolic processes – such as the growth, function and structure of the skin and mucous membranes. Vitamin A also plays an important role in the regeneration of blood cells and the immune defence.

## Vitamin A 1000

- Vitamin A promotes the maintenance of normal eye sight
- It is important for maintaining normal skin and mucous membranes
- It supports the normal functioning of the immune system
- It contributes to normal energy metabolism
- It plays an important role in cell specialisation

## Possible uses:

- For optimal vitamin A uptake during increased demand, for example during growth, in older age, under stressful conditions, or with a protein-rich diet
- Supplements medications that increase the vitamin A requirement
- To support the immune system, by supporting the normal barrier function of the mucous membranes

## Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- 100% vegan
- Vegetable capsule shell
- Quality tested

**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, [biogena.com](http://biogena.com)

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](http://biogena.com)



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WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin A (µg RE)	1000 µg	125
<i>corresponds to I.U.</i>	3333	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), retinyl acetate.

## RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Vitamin A is essential for normal embryo development. However, pregnant women should not exceed the maximum dose of 3000 µg vitamin A per day. The indicated daily dose of 1 capsule (contains 1000 µg) should not be exceeded. Not suitable under the age of 4.

## PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 10 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 11.12.2018.



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Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](http://biogena.com)



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