



Category 4  
Vitamins



**GOODFORYOU**

GOOD FOR LIFE

**Beta Carotene**

(Natural) 25,000 IU 90 Softgels  
#100320

**Description:** Beta Carotene has shown protective effects against certain forms of cancer, including lung, stomach, colon, prostate, and cervical cancer. Diets high in Beta Carotene have also been found to protect against cataracts, enhance the immune system, and reduce the risk of heart disease.

**Contents / Ingredients**

At one time **Beta Carotene** was considered merely as a precursor of vitamin A, that is, one of a group of substances which is converted to vitamin A in the body. **Beta Carotene** was discussed, if at all, in conjunction with vitamin A, as if the two were interchangeable. It was then discovered that there were important differences between the vitamin and its precursor that have changed the thinking and even the research interests and strategies involving beta-carotene. Beta-carotene can become vitamin A, but it can do more than that, and do it more safely. Unlike preformed vitamin A, a high intake of beta-

**Traditional Therapeutic Action**

**Supplement Facts**

Serving Size 1 Softgel	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	25,000 IU	500%
Vitamin E (as Mixed Tocopherol)	5 IU	17%
Lecithin (61% Phosphatides)	10 mg	(*)
(*) Daily Value not established		
Other ingredients: Soybean oil, gelatin, glycerin, water, annatto and titanium dioxide.		
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.		

carotene does not lead to toxic side effects. And since beta-carotene can be partially converted to vitamin A in the body, eating foods high in beta-carotene is a safe way to get extra vitamin A.

**Beta-carotene has shown protective effects against certain forms of cancer, including lung, stomach, colon, prostate, and cervical cancer.** One study at the University of Texas followed male smokers over a nineteen-year period and found that those who ate the fewest foods containing beta-carotene were eight times more likely to develop lung cancer than those whose diets were high in beta-carotene. Beta-carotene has shown to be more protective against lung cancer and skin cancer than vitamin A.

Dr. Albert Padwa of Emory University states that beta-carotene may help protect skin from damage caused by "**Singlet oxygen.**" Singlet oxygen is formed in the body as a toxic by-product of many metabolic reactions, **smoking and sun exposure stimulate its formation.** There are no known enzymes in the body, which deactivate singlet oxygen, but both vitamin E, and beta-carotene can do so. However, when vitamin E deactivates singlet oxygen, the vitamin E is destroyed.

Beta-carotene can "**quench**" the singlet oxygen without damage to itself and can thus be used over and over again. Beta-carotene is among the most efficient substances known for converting singlet oxygen back to normal oxygen without damage to the body, and also for trapping certain organic free radicals which are believed to cause cancer. Beta-carotene may break down singlet oxygen before it can cause damage that leads to skin cancer or lung cancer-perhaps even to uterine or other mucous-tissue cancers.

Diets high in beta-carotene have also been found to **protect against cataracts, enhance the immune system, and reduce the risk of heart disease.** A health study with 333 people using beta carotene found that only half as many had heart attacks, strokes, and deaths as those on placebo pills. In a separate ongoing study of over 87,000 female nurses, participants whose diets were highest in beta-carotene had a 22 percent lower risk of heart attacks and 40 percent lower risk of strokes than women with diets low in beta carotene.

Heavy drinkers are at high risk of eye damage, since alcohol seems to interfere with the liver's ability to store and mobilize vitamin A. Without enough vitamin A delivered to the retina, the eye can not produce enough of a substance called *visual purple*, which is necessary for seeing at night. Many eye disorders, including primary glaucoma, are usually a vitamin A deficiency.

**SUGGESTED DOSAGE:** As a dietary supplement, take one softgel daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.