



Category 4
Vitamins



GOODFORYOU

GOOD FOR LIFE

Vitamin A & D

10,000 / 400 IU 250 Softgels

#100352

Description: Vitamin A is essential for the maintenance of healthy epithelial tissue, which is found in the eyes, skin, GI, and urinary tract. Vitamin D promotes calcium absorption and is transported to the bones.

Contents / Ingredients

A major study shows the amount of vitamin A in our diets may have a profound effect on whether or not we fall prey to heart disease, high blood pressure, strokes or peptic ulcers. The study also went on to find that individuals in the study who consumed more vitamin A were less likely to suffer from heart disease, high blood pressure, strokes and peptic ulcers.

If you've ever noticed a brownish haze to the smog smothering your city, you've seen NO₂. More likely, you've inhaled one lungful after another without even knowing it's there.

Automobile exhaust and industrial waste contribute this poisonous chemical to the air you breathe. NO₂ is contained in cigarette smoke and

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Softgel

| | Amount Per Serving | % Daily Value |
|----------------|--------------------|---------------|
| Vitamin A | 10,000 IU | 200% |
| Vitamin D | 400 IU | 100% |
| Fish Liver Oil | 20 mg | (*) |

(*) Daily Values not established.

Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Soybean oil, gelatin, glycerin, water.

Contains no yeast, gluten, sugar, salt, starch, wheat, corn, milk or preservatives.

produced when coal or natural gas is burned for heat. Laboratory tests have shown that NO₂ can damage lung tissue, producing the deteriorated state associated with emphysema. After exposure to NO₂, it has been found that animals are more susceptible to infections of the lung. (In human beings, air pollution in general has been linked to high rates of respiratory infections.) Through a chain of reactions within the body, NO₂ can form nitrosamines, potent cancer-causing chemicals. Too little vitamin A in the face of NO₂ exposure can raise the risk of disease.

Without vitamin A, ciliated epithelium will not form. Instead, squamous cells-precancer-type cells are formed along with abnormal mucous cells, which clog the respiratory tract. If the epithelium does not form properly, it can also lead to emphysema and chronic bronchitis. Vitamin A acts as a preventative measure for safeguarding lung health. Even the lung problems that we associate with old age, like emphysema, may be forestalled with the early, regular use of vitamin A supplements. Radiation normally decreases the number of white blood cells thereby depressing the patient's immune state. Both the tumor and the radiation are immunosuppressive. Vitamin A appears to change some of that. Dr. Seifter explained "We think for people who receive radiotherapy (radiation treatments), vitamin A will contribute to their overall health without decreasing the efficacy of the radiotherapy against the tumor. In fact, vitamin A may increase the efficacy of the radiotherapy".

Vitamin D is essential to the health of strong bones. For most people the main input is via the skin, where ultraviolet light from the sun converts a form of cholesterol into vitamin D. Vitamin D can also be obtained directly from the diet, in fish liver oils, egg yolks and fortified milk. However, if you're bundled in heavy clothing all winter, barely touch milk and live in the North, you may have decreased levels of vitamin D in your blood by springtime. Without vitamin D the body cannot properly utilize calcium. Consequently, bone health suffers and the bones deteriorate, lose calcium and are more susceptible to fractures. Thus, bones are more likely to break in winter and early spring, when the days are short, sunlight (and hence vitamin D) is scarce and calcium availability in the body is low.

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

CAUTION: Pregnant or lactating women should seek the advice of a physician before using this product. Do not exceed one softgel daily without the advice of a physician.

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.