

Vitamin A 10,000 IU Softgels



Product Summary:

Vitamins are required nutrients that must be obtained by diet or supplementation. Vitamin A is a fat-soluble vitamin that helps in the maintenance of eyesight, skin and immune function. It is also important in bone and tooth health.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Helps in the development and maintenance of bones, teeth and night vision, and helps maintain eyesight, skin, membranes and immune function.



GENERAL HEALTH
& WELLNESS



Pharmacology:

A suboptimal level of key vitamins is a risk factor for heart disease, osteoporosis, cataracts and cancer.¹ Vitamins are required nutrients that must be obtained by diet or supplementation. They act as antioxidants, enzyme cofactors and hormones.

Vitamin A helps form and maintain healthy teeth, skeletal and soft tissue, mucous membranes, and skin. It improves healing by stimulating the immune system. Notably, vitamin A also promotes good vision, particularly night vision. Additionally, vitamin A acts as an antioxidant in the body to protect the body from oxidative stress and free radical damage.

The vitamin A in this supplement is in the more active retinol form, which is the most form found in animals. The less active carotenoid form is found in vegetables. Retinol palmitate is pre-formed vitamin A so it is more readily absorbed.



Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

250's7 77747 10309 6

NPN:

02245311

Expiry Date:

36 months from date of manufacture

Active Ingredient:

Each softgel contains :

Vitamin A* (palmitate) 3000 mcg RAE (10,000 IU)

*From cod liver oil

Non-Medicinal Ingredients (in descending order):

Softgel capsule (gelatin, glycerin, purified water), soybean oil, vitamin E.

Appearance:

Clear slightly yellow oil encapsulated in a size 2 oval clear soft gelatin capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Preserve in tight, light resistant containers in a cool (15 – 25°C), dry place.





Dose:

According to the NHPD, the daily-recommended adult dose for vitamin A is 216-10,000 IU.² The tolerable upper intake for vitamin A is 10,000 IU/d for adults.²

Directions:

(Adults): 1 softgel daily or as recommended by a physician.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Symptoms of vitamin A deficiency include dry eyes and night blindness. It can also increase the risk of illness.³ Vitamin A deficiency is common in alcoholism. Vitamin A deficiency can occur due to abnormal storage and transport of vitamin A in people with abetalipoproteinemia, protein deficiency, diabetes mellitus, hyperthyroidism, fever, liver disease, and cystic fibrosis.⁴

Drug Interactions/Contraindications:

Advise patients taking retinoids to avoid vitamin A supplements.⁴

High doses of vitamin A (>10,000 IU) could increase the risk of bleeding with warfarin.⁴

The drugs cholestyramine (Questran), colestipol (Colestid), neomycin (Neo-Fradin), and orlistat (Xenical), as well as mineral oil, all interfere with the absorption of vitamin A.⁴

Note that increased risk of vitamin A toxicity can result if vitamin A supplements are taken at the same time as synthetic vitamin A derivatives such as tretinoin (Accutane) and etretinate (Tegison).⁴

Do not exceed 5000 IU vitamin A during pregnancy.^{2,5}





Toxicity/Adverse Reactions:

Vitamin A is safe in adults when taken in doses below the tolerable upper intake level (UL) of 10,000 units/day. At recommended levels in people with normal liver function, vitamin A is not associated with any side effects. Vitamin A toxicity can occur when vitamin A intake exceeds the storage capacity of the liver or when liver function is compromised. Excessive vitamin A intake can have a negative effect on bone.⁴

Pregnant women and women of childbearing age who may possibly become pregnant should not take more than 5000 IU of vitamin A daily due to the risk of birth defects. Lactating women should also not take more than 5000 IU of vitamin A per day.⁵



Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Fish
Artificial Flavors	Soy Products
Artificial Sweeteners	Sulphites
Corn Products	
Egg Products	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Starch/Modified Starch	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of Animal Products

Kosher





References:

1. Fletcher R.H., Fairfield K.M. Vitamins for chronic diseases prevention in adults: Clinical applications. J Amer Med Assoc. 2002;287:3127-3129.
2. Health Canada, Vitamin A Monograph, Accessed November 1, 2010 [Available from: <http://www.hc-sc.gc.ca>]
3. World Health Organization. "Vitamin A deficiency." Accessed October 2010 [Available from: <http://www.who.int/nutrition/topics/vad/en/>]
4. Natural Medicine Comprehensive Database, Vitamin A Monograph, Accessed November 1, 2010 [Available from: <http://www.naturaldatabase.com/>]
5. Murray, Michael, The Pill Book Guide to Natural Medicines, Bantam, Toronto, 2002.

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