

# Vitamin A

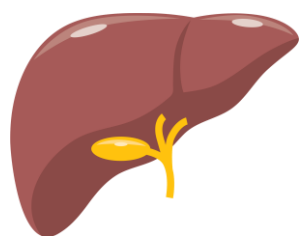
## What is it?

Vitamin A, also called Retinol, is a type of vitamin which is an essential nutrient that life needs to function properly.

## Good Sources



Spinach



Liver



Dairy  
Products



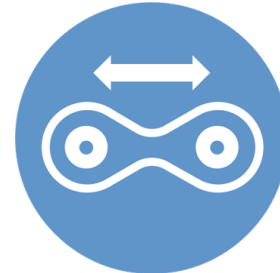
Leafy  
Vegetables

## Function

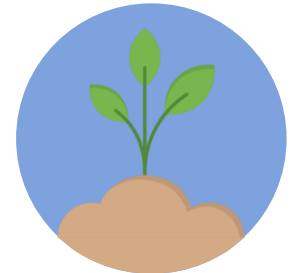
### Helps Improve:



Vision



Cell Division



Growth



Reproduction

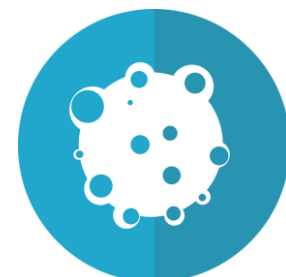


Immunity

### Helps Prevent:



Heart  
Disease



Cancer

## Daily Amount



### Adult Men

900 mcg



### Adult Women

700 mcg

## Interesting Facts

1. A small sweet potato has 6.4 - 8.2 times the daily recommended amount of Vitamin A.
2. Consuming about two egg yolks per day provides all the required Vitamin A for your body.
3. Small amounts of Vitamin A can be found in most seasonal fruits.