



VITAMIN A

A POWERFUL ANTIOXIDANT

IMPORTANT FOR:

Vision
Cell Growth
Immunity
Healthy Skin
Muscle Growth



THE BEST VITAMIN A FOODS:



Sweet potato
Spinach and Kale
Carrots
Cantaloupe
Sweet Red Peppers
Mangos
Black-eyed Peas
Apricots
Broccoli
Egg Yolks

AS PART OF YOUR DAY:

Most people can get their Vitamin A needs through diet. For adult women it is 700 mcg/day for men it is 900 mcg/day. Eating the foods listed above will help you hit those goals.

Sources:

- www.globalhealingcenter.com
- draxe.com
- www.organicfacts.net