

## STRUCTURE / FUNCTION CLAIMS

### NUTRIENT: Vitamin A

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PRODUCT: Fred Meyer Vitamin A (1 00sg, 250sg)

NUTRIENT AMOUNT: 10,000 IU from fish liver oil/softgel

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#### STRUCTURE/FUNCTION CLAIM:

Vitamin A is a fat soluble vitamin that is necessary for new cell growth and healthy tissues and is essential for vision in dim light.

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#### REFERENCES:

1. Olson, J.A., Vitamin A, retinoids, and carotenoids, in Modern *Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 287-307.
2. Bender, D.A., Vitamin A: retinol and p-carotene, in *Nutritional Biochemistry of the Vitamins*, Cambridge University Press, Cambridge, 1992, 19-26.

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