



VITAMIN A & D

Vitamin A and vitamin D are both fat soluble. Vitamin A occurs in two forms – pre formed vitamin A, found in animal foods and pro vitamin A, provided by plant foods, such as those containing various carotenoids. Vitamin D can either be obtained from food sources, which are rather limited, or synthesised by the body as a result of exposure to sunlight. Both are factors in the maintenance of good health.



Neolife Scientific
Advisory Board



#2531 - 100 capsules

Why Vitamin A?

- A fat-soluble nutrient, vitamin A contributes to the development and maintenance of **bones and teeth**.
- Vitamin A is well known for its role in contributing to the maintenance of **eyesight** and maintenance and development of **night vision in particular**.
- Vitamin A contributes to the maintenance of **skin tissue** as well as **membranes** in general.
- Vitamin A deficiency is major health problem in developing countries, which has prompted a great deal of research into the vitamin and its roles in health. It is known to contribute to the **maintenance of immune function**.

Why Vitamin D?

- A fat-soluble nutrient, vitamin D contributes to the development and maintenance of **bones and teeth**.

- Vitamin D helps in the **absorption of calcium and phosphorous**. Calcium intake when combined with sufficient vitamin D, a healthy diet and regular exercise, **may reduce the risk of developing osteoporosis**.

Why NeoLife's Vitamin A & D?

- Contains **100% premium cod liver oil** from fish of the glacial fed North Atlantic waters.
- **Freshness and potency** retained by encapsulation with pure protein, soft gelatine capsules.
- **No unpleasant taste and odour** due to convenient serving in a soft gelatine capsule that enables quick dissolution and maximum availability.

Special Note

Excessive intake of vitamin A, particularly by pregnant women is not recommended.

*These statements have not been evaluated by the National Agency for Food and Drug Administration and Control (NAFDAC). This product is not intended to diagnose, treat, cure or prevent any disease.

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These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use. Some products may not be available in every market.