

## Natural Beta Carotene 90 Capsules

EAN: 5055148401122    FABRICANTE: LAMBERTS



*Lutein and zeaxanthin (the most important for eye health) are abundant in dark green vegetables, pumpkin and red peppers; and cryptoxanthin is present in mangoes, oranges and peaches.*

### DESCRIPTION

LAMBERTS® Natural Beta-Carotene is naturally extracted from *Dunaliella salina*, a pink algae that lives on the surface of salt lakes and contains small amounts of other mixed carotenoids. The growth of this organism is controlled in a high salinity aqueous medium that prevents contamination by harmful microorganisms.

This product provides per capsule, a guaranteed level of 15 mg of natural beta-carotene plus mixed carotenoids, corresponding to 8,333 IU, and equivalent in Vitamin A 2435 µg = 8,108 IU.

These important natural carotenoids added to this product have been of great interest to nutrition scientists, as they work by complementing the antioxidant action of the product. Many companies sell synthetic beta-carotene at a lower price, but unfortunately these may have limited biological action in the body.

This product contains small, one-a-day capsules and is manufactured in the UK under strict GMP manufacturing standards.

In terms of human nutrition, beta-carotene is one of the most important phytopigments, and is found throughout the plant kingdom. It belongs to the carotenoid family, and when ingested, it serves as a precursor to Vitamin A. For this reason, it is often referred to as "provitamin A".

The body is able to convert beta-carotene into vitamin A. This conversion takes place in the liver, kidneys and intestinal mucosa (depending on your physiological needs), and the remaining beta-carotene is stored in the skin where it can be perceived as a light golden color. It is known to give some protection against sun damage.

Although more than 600 carotenoid pigments have been identified in foods, only six of them appear to be significantly utilized by the blood or body tissues. Apart from beta-carotene, which is probably the best-known carotenoid, these are alpha-carotene, cryptoxanthin, lycopene, lutein, and zeaxanthin.

Carotenoids are found in a wide variety of fruits and vegetables, but foods that represent the most concentrated sources may not be part of your daily diet. Alpha-carotene is found in carrots and pumpkin,



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lycopene is abundant in red fruits, such as watermelon, red grapefruit, guava and, in particular, cooked tomatoes.

Lutein and zeaxanthin (the most important for eye health) are abundant in dark green vegetables, pumpkin and red peppers; and cryptoxanthin is present in mangoes, oranges and peaches.

To prevent certain disorders, it may be advisable to choose supplements that provide a mixture of the six key carotenoids. Large doses of carotenoids, consumed in food or in supplement form, can turn your skin orange, especially the palms of your hands and soles of your feet. This effect gradually disappears if your intake is reduced. Beta carotene supplements should not be taken by heavy smokers.

Beta-carotene is now recognized as an important substance in its own right, being one of the main antioxidant nutrients in our diet. Antioxidants are substances that help our body destroy or neutralize harmful free radicals that occur naturally, and if allowed to proceed unchecked, can damage tissues and organs.

### Brown soft gelatin capsule.

### Each capsule provides:

Carotenoid Mixture	15 mg
<b>Contributing:</b>	
Beta Carotene	14.2 mg
Lutein	75 ?g
Zeaxanthin	75 ?g
Vitamin A Equivalent	2435 ?g

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions





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### Instructions for use


Take 1 capsule 1 to 2 times daily with meals.

Do not exceed the expressly recommended daily dose.

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