

Hi-Po Emulsi-A™

High-potency liquid emulsified Vitamin A

Hi-Po Emulsi-A™ is a high-potency formula that delivers concentrated vitamin A in a convenient liquid form. Just one drop of this unique product provides 5000 IU of vitamin A as retinol palmitate (1500 mcg retinol activity equivalents, or RAE).

Vitamin A versus carotenoids

True vitamin A occurs only in animal foods. Compounds called carotenoids, which are found in plant foods, are precursors to vitamin A and can be converted into vitamin A. (You may be familiar with beta-carotene, a carotenoid compound responsible for the orange and green pigments in foods such as carrots, sweet potatoes, cantaloupe, and various leafy greens. Other carotenoids you might be familiar with, such as lutein and lycopene, do not have vitamin A activity.) Carotenoids are not a dependable source of vitamin A for all individuals because absorption of carotenoids from plant foods varies widely and is influenced by numerous factors. These include processing techniques, the concentration of the carotenoid in the food, and the amounts of dietary fat, fiber, and preformed vitamin A in the diet, as well as an individual's vitamin A status and gut integrity. Genetic factors also affect carotenoid metabolism, with some people's bodies converting carotenes into vitamin A more readily than others'. Regarding preformed vitamin A, various health conditions and use of certain pharmaceutical drugs may reduce absorption, so some individuals may benefit from supplementation.

Immune function

Vitamin A plays a critical role in supporting immune function. Several different types of cells with distinct functions all contribute to a healthy immune system. Vitamin A influences the differentiation and specialization of these cells so that they can perform their unique roles. This key nutrient also contributes to the structural integrity and barrier function of the skin and the lining of the intestines and respiratory tract, which are among the body's first lines of defense against unwanted organisms.*

Other roles of vitamin A

Apart from supporting immune function, vitamin A is well known for promoting eye health—specifically, it is required for helping the eyes adjust to different levels of light or darkness and also plays a role in helping to distinguish different colors.* Vitamin A is needed for healthy thyroid function and production of thyroid hormones, as well as for supporting mobilization of iron from body stores so it can be incorporated into red blood cells.* Vitamin A's influence on thyroid hormones and red blood cells means it may also contribute to cellular energy production (which influences overall energy levels), a healthy metabolism, and a positive mental outlook.*

Recommended Use: Take 1 drop per day, or as directed by your health care practitioner.

Warning: Not for use by children. Do not exceed the recommended dose or use long term without medical supervision. Excess vitamin A may cause reproductive harm or organ damage.

Roles of Vitamin A*

- Supports healthy immune function
- Promotes proper function of the lining of the respiratory and gastrointestinal tracts
- Critical for reproductive function in males and females
- Required for healthy fetal development
- Promotes skin health
- Supports thyroid function
- Key nutrient for visual acuity and color vision
- Helps mobilize iron stores and supports red blood cell function



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.