

WHAT IS VITAMIN A

Vitamin A is a group of unsaturated nutritional organic compounds that includes retinol, retinal, retinoic acid, and several provitamin A carotenoids. Vitamin A has multiple functions: it is important for growth and development, for the maintenance of the immune system and good vision.

TYPES OF VITAMIN A

Two forms of vitamin A are available in the human diet: preformed vitamin A (retinol and its esterified form, retinyl ester) and provitamin A carotenoids [1-5]. Preformed vitamin A is found in foods from animal sources, including dairy products, fish, and meat (especially liver)

8 SIGNS AND SYMPTOMS OF VITAMIN A

1. Dry Skin
2. Dry Eyes
3. Night Blindness
4. Infertility and Trouble Conceiving
5. Delayed Growth
6. Throat and Chest Infections
7. Poor Wound Healing
8. Acne and Breakouts

NEUROTHERAPY TREATMENT

First day	Normal	-	Ajay Normal formula
Second day	(4) Ku		
	(6) Medulla		
	(4) Thyroid (P)		
	(4) Thyroid		