

### INTRODUCTION

- DISCOVERED BY Mc.COLLUM AND DAVIS IN 1913A.D
- AN ANTI-INFECTION VITAMIN
- CONSISTS OF PRE-FORMED VITAMIN,RETINOL AND PRO-VITAMIN AS WELL AS BETA-CAROTENE
- SOME OF THESE ARE CONVERTED INTO RETINOL IN THE INTESTINAL MUCOSA

### SOURCES

#### ANIMAL SOURCES

- LIVER,EGGS,BUTTER,CHEESE,WHOLE MILK , FISH,LIVER OILS AND MEAT
- FISH LIVER OIL IS THE RICHEST.

#### PLANT SOURCES

- SPINACH,FENUGREEK,AMARANTH,CARROTS,PUMPKINS,MANGOES,PAPAYAS
- THE MORE DARKER THE GREEN LEAVES ARE,THE MORE HIGHER THE CAROTENE CONTENT.




RICH SOURCES	NUTRITIONAL VALUE(ug/100gm)
COD LIVER	10,000-1,00,000
SHARK LIVER	9000-10,000
LIVER	6,000-10,000

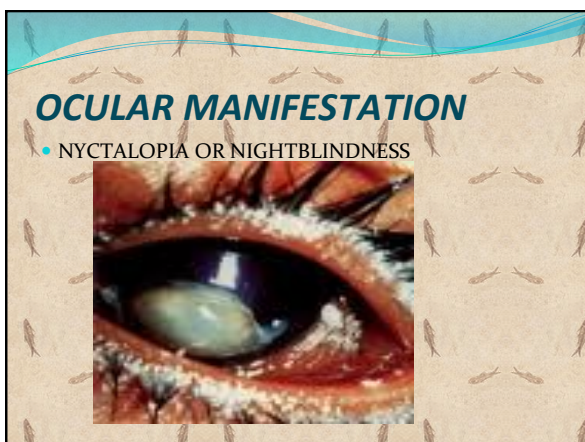
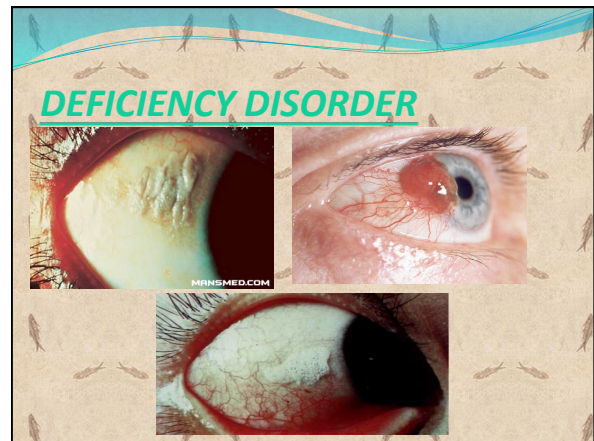
BETTER SOURCES	NUTRITIONAL VALUES(ug/100gm)
BUTTER	720-12,000
EGG	300-400
CARROT	325-625
GREEN LEAFY VEGETABLES	325-2000

FAIR SOURCES	NUTRITIONAL VALUE(ug/100gm)
WHOLE MILK	50-60
FISH(FATTY)	30-40

- ### FUNCTIONS
- HELPS IN GOOD VISION BY FORMING RODS AND CONES.
  - RODS PRODUCE-RHODOPSINE AND CONES- IODOPSINE.
  - HELPS IN MAINTAINING THE INTEGRITY AND NORMAL FUNCTIONING OF FOLICULAR AND EPITHELIAL TISSUES WHICH LINES INTESINE,RESPIRATORY AND URINARY TRACT AS WELL AS SKIN AND EYES.
  - ACTS AS ANTI-INFECTION VITAMIN.

### REQUIREMENTS

GROUPS	MEAN REQUIREMENT	SAFE LEVEL
ADULT MALE	300	600
ADULT FEMALE	275	500
PREGNANT WOMAN	375	750
LACTATING WOMAN	450	900
CHILDREN	400	600
INFANT	300	400







## TREATMENT

- VITAMIN A DEFICIENCY MUST BE TREATED EARLY.
- ALMOST ALL THE STAGES OF THE XEROPHTHALMIA CAN BE REVERSED BY THE ADMINISTRATION OF A MASSIVE DOSE (200,000 i.u) or 110mg RETINAL PALMATE ORALLY ON CONSECUTIVE DAYS.
- CORONAL ULCERS' PATIENT SHOULD RECEIVE VITAMIN A WHETHER OR NOT A DEFICIENCY IS SUSPECTED.

## PREVENTION

- DIETARY IMPROVEMENTS TO ENSURE A REGULAR AND ADEQUATE INTAKE OF FOODS RICH IN VITAMIN-A
- REDUCING THE FREQUENCY AND REVERSITY OF CONTRIBUTORY FACTORS. eg: PEM, RESPIRATORY TRACT INFECTIONS, DIARRHOEA AND MEASLES
- SOME IMMUNIZATION PROGRAMMES CAN BE RUN AS WELL.

## THE END

