



Good for vision, skin and mucous membranes

Bio-Carotene are small capsules with pure betacarotene and natural vitamin E. Bio-Carotene is manufactured in a way where betacarotene and the vitamin E is mixed into an oil matrix that keeps it stable and increases bio-availability.



In fact, studies document that betacarotene in supplemental form has better bio-availability than when you get it from vegetables.

What is beta-carotene?

Betacarotene is a carotenoid. The carotenoids are divided into two main groups: carotenes and xanthophylls. Carotenes consists of hydrogen and carbon, while xanthophylls additionally contain oxygen atoms. Betacarotene belongs to a group of yellow and red plant dyes. It is betacarotene which gives carrots their orange color. Betacarotene is fat soluble, ie. is best absorbed along with a fat. This takes place in the upper part of the small intestine. Betacarotene is also a pro-vitamin, as it can be converted to vitamin A when the body is in need. Beta-carotene is also produced in a synthetic version also used as a food color.

Betacarotene and A-vitamin

Betacarotene is a good source of vegetable vitamin A, and in some parts of the world beta-carotene is virtually the population's only source of vitamin A. When beta-carotene is converted to vitamin A, this will contribute to the maintenance of normal skin and mucous membranes. It would also be included in the maintenance of a normal eyesight. Also vitamin A has a role in the process of cell specialisation in the body and contributes to a normal immune function.

Ingestion of food and dietary supplements with large quantities (30 mg or more) of beta-carotene may provide the skin with a harmless yellowish color that some people find attractive. The color is a result of betacarotene accumulating in the subcutaneous tissue (hypodermis), mainly on the hands and feet. This color vanishes as soon as the betacarotene quantities are reduced.



Bio-Carotene

1 capsule contains:

	% RDA
Beta-carotene 6 mg *)	
Vitamin E as d-alpha-tocopherol 10 mg	83%

*RDA not established - RDA = Recommended Daily Allowance.

Dosage

1 capsule daily, unless otherwise advised.
Do not exceed the recommended daily dosage.

Useful information:

For optimal absorption: Do not chew the capsule but swallow it whole, preferably during/after a meal containing some fat.

At a dosage of 3 capsules per day or higher, a tanning of the skin can occur.

Prolonged use of high doses (5 + capsules per day) is not recommended for heavy smokers.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Content

150 capsules = 58 g

Ingredients

Soybean oil, gelatin, hydrogenated soybean oil, glycerol, beta-carotene, d-a-tocopherol, silicon dioxide.

Storage

Room temperature.
Keep away from children.

The ingredients in this product are not organically grown. The word "Bio" merely relates to the bio-availability or biochemical organic nature of the product

Beta-carotene and smokers

All dietary supplements which contains beta-carotene must carry a warning for smokers, telling them not to use the product. This warning is based on research showing that large doses of beta-carotene taken by heavy smokers may increase their risk of disease.

There is no evidence suggesting that beta-carotene supplements are harmful for non-smokers. In addition, there is no reason to fear getting too much vitamin A from beta-carotene, as the body stops converting it once the stores are saturated.



Good beta-carotene sources

Beta-carotene occurs naturally in several different foods, some of the best sources being:

- Green vegetables
- Carrots
- Squash
- Broccoli
- Bell pepper
- Apricots

The betacarotene content in vegetables may vary quite a lot, depending on factors like the soil they were cultivated in, fertilizers, wind, weather conditions, and the subsequent treatment of the crop.

Vitamin E

Bio-Caroten contains natural vitamin E as d-alpha-tocopherol. Alpha tocopherol is the preferred and most active type of E-vitamin in the body. Like beta carotene, vitamin E is a fat-soluble substance. For optimal absorption in the body Bio-caroten should be taken with a meal. The main effect of vitamin E is its role as an antioxidant as vitamin E inhibits the oxidation of unsaturated fatty acids. Vitamin E supports the protection of the body's cells against oxidative stress. The need for vitamin E is proportionally related to the intake of poly-unsaturated fatty acids.

Good vitamin E sources

Vitamin E occurs naturally in several different foods, some of the best sources being:

- Wheat germ oil
- Almonds
- Soy oil
- Green vegetables
- Fat dairy products
- Eggs