



## What is my blood vitamin A level and how does it compare to the recommended level?

The vitamin A level in your blood was tested on: (Date) \_\_\_\_\_ and the result was: \_\_\_\_\_.  
 The normal level for your age is: \_\_\_\_\_.

## How do I maintain or improve my level?

- Eat foods high in vitamin A
- Take my vitamins as prescribed  
 Brand \_\_\_\_\_  
 Dose \_\_\_\_\_
- Take my vitamins with foods and, if prescribed, enzymes
- Other actions \_\_\_\_\_

## What is vitamin A?

Vitamin A is a fat-soluble vitamin. This means that it is absorbed into the body with fat. So, if you take enzymes, it is important to take them with your food and vitamin supplements. Vitamin A is available in different forms such as retinol and carotenoids. Retinol is called preformed vitamin A. The carotenoids, such as beta-carotene, must be changed to retinol by the body.

## Why should I care?

Vitamin A has many roles in health: normal vision, bone and tooth formation, cell function, and immunity. The carotenoids act as antioxidants. Vitamin A works in the lining of your lungs to help fight infection. It also helps to keep your intestines healthy.

Not getting enough vitamin A can lead to night blindness. This means your eyes do not adjust when going from a lighted area to a dark area, such as when entering a dark movie theater.

## How much vitamin A do I need every day?

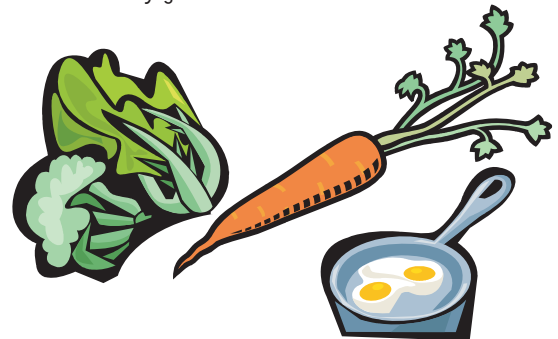
The daily recommended vitamin A intake from infancy through adulthood for people who do not have CF is 1,000 to 3,000 International Units (IU). People who have CF need more. Each person's needs are different, with some people needing more than others. These are the CF Foundation recommendations for children, which can be used as a guide:

Age	Vitamin A (IU)
0 to 12 months	1,500
1 to 3 years	5,000
4 to 8 years	5,000 to 10,000
8 years and older	10,000

The vitamin A in multivitamins designed for people who have CF is in a formulation that may make it easier to absorb. These supplements have more vitamin A when compared to multivitamins for people who do not have CF.

## What foods contain vitamin A?

Preformed vitamin A, retinol, is found in animal foods like: liver, egg yolk, whole milk, and fortified low-fat milks. Fortified cereals also contain vitamin A. Plant foods such as: darkly colored fruits and vegetables, including carrots, sweet potato, spinach, broccoli, apricots, cantaloupe, and peaches are very good sources of beta-carotene.



## Can I get too much vitamin A?

Too much retinol can cause bone and liver problems. On the other hand, beta-carotene is safer. Pregnant women need to be careful not to take too much retinol daily, since it may be harmful to the developing baby. It is best to work with your CF Healthcare Team to decide how much vitamin A is right for you.



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