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ESSENTIALS

BETA CAROTENE

Alternative source of vitamin A

Nutritional Information

One Tablet provides:

*%NRV

Beta Carotene	15 mg		
(Equivalent to Vitamin A 2500 µg)	RE	313)	

NE = Niacin Equivalent

*NRV = Nutrient Reference Values

Take one tablet daily with a meal. Swallow with water.



SUMMARY

- Powerful antioxidant
- Precursor to vitamin A
- High potency

DESCRIPTION

Quest Beta Carotene contains 15 mg of beta carotene per tablet. Beta carotene is an antioxidant that naturally occurs in the skin. Beta carotene converts to vitamin A in the body at a level the body requires, and does not cause vitamin A toxicity, even when taken in excess.

WHAT BENEFITS DOES BETA CAROTENE PROVIDE TO THE SKIN?

Photosensitivity: There are many photosensitivity diseases that affect the skin, the most common being erythropoietic protoporphyria (EPP). This is a genetic disorder that causes tingling, itching, burning, redness and swelling of the skin on exposure to sunlight and has involvement with the blood cells and haem proteins. Beta carotene may provide a protective effect on the skin by providing antioxidant protection that limits the sensitivity of the skin to the sun. In one study, 15 mg -180 mg of beta carotene supplementation daily was used and 84% of patients EPP saw an improvement in their ability to tolerate sunlight¹.

Sunburn: Beta carotene naturally accumulates in the skin and contributes to your body's natural ability to counteract oxidation caused by sun radiation. Supplementation should be taken for at least 10 weeks to build up beta carotene levels in the skin².

General skin health: Beta carotene converts to vitamin A in the body. Vitamin A plays an important role in the health of the skin. It is required for healthy cell division and is particularly important for fast dividing cells such as skin cells³.

Mucus membranes: Beta carotene (precursor to vitamin A) is an important nutrient for the mucous membranes. Vitamin A is required for healthy mucous production which protects the mucous membranes from infection. Mucous membranes are also quickly dividing cells with a high turnover and a short lifespan require vitamin A for this process.

WHAT OTHER BENEFITS CAN BE GAINED FROM BETA CAROTENE SUPPLEMENTATION?

Increased immunity in the elderly: As an antioxidant, beta carotene has a beneficial effect on the immune system. This is particularly the case in elderly individuals who typically have a reduced immune function⁴. Beta carotene enhances natural killer cell activity in the elderly by providing antioxidant protection to the immune cells.

Chemotherapy toxicity: Research suggests that low antioxidant intake in chemotherapy patients is linked to a higher rate of adverse effects. Taking beta carotene for 6 months is associated with a decreased risk of toxicity⁵.

HOW SHOULD BETA CAROTENE BE TAKEN?

One tablet daily with food.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING BETA CAROTENE?

Beta carotene is intended exclusively for adults and is not recommended for:

- Children
- Heavy smokers

Consult your health professional before taking during pregnancy and lactation.

FEATURES

- High potency
- A precursor of vitamin A and safe for those at risk of vitamin A toxicity
- Antioxidant

HEALTH NEEDS



DETOX AND CELL
PROTECTION



SKIN, HAIR & NAILS



IMMUNITY

SCIENTIFIC REFERENCES

1. Arch Dermatol. 1977 Sep;113(9):1229-32.
2. Photochem Photobiol. 2008 Mar-Apr;84(2):284-8. Epub 2007 Dec 15.
3. Community Eye Health. 2013; 26(84): 65.
4. Am J Clin Mut.1996;64:5:772-777
5. Am J Clin Nutr. 2004 Jun;79(6):1029-36.

