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# Vitamin A

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)





## Essential Vitamin for Eyes, Skin, and Immune System

Vitamin A is essential for the health of the eyes, skin, immune system, and cell growth. Our drops contain highly pure retinyl acetate in MCT oil and provide 3,000 IU of vitamin A per drop – highly bioavailable, pure, and free from unnecessary additives.

### Pure. High-Dose. Essential for Your Health.

Targeted support for vision, immune function, and cellular health – easily dosed with just one drop a day.

- High-dose & efficient
- Only two ingredients
- For eyes, skin, and immune system
- Easy dosing
- Lab-tested quality

## What is Vitamin A?

Vitamin A is a fat-soluble vitamin responsible for numerous **vital functions** in the body. It plays a key role in **vision** by participating in the formation of rhodopsin – a pigment in the retina necessary for seeing in low-light conditions. Additionally, it is crucial for **skin health** by supporting cell division and the regeneration of skin and mucous membranes. **Healthy mucous membranes** are essential for protecting the respiratory tract, digestive system, and other organs from harmful influences.

Another important aspect of vitamin A is its function in the **immune system**. It contributes to the production of white blood cells and supports the body's own **defense against infections**. It is also essential for **cell growth** and regulates the **iron metabolism** in the body.

Since vitamin A cannot be produced by the body itself, it must be obtained through diet or supplements. It occurs either as retinol in animal-based foods such as liver, fish, or eggs, or as beta-carotene – a plant-based precursor that the body can convert into vitamin A. A deficiency can lead to vision problems, dry skin, and weakened immune defenses.

## Why Vitamin A from artgerecht?

- High dose (3,000 IU per drop)
- Vegan & free from artificial additives
- Supports vision, skin & immune function
- Only two ingredients – retinyl acetate & MCT oil
- High-quality, lab-tested formulation

## Scientific background to Vitamin A?

Vitamin A is essential for the function of many bodily processes. It is indispensable for the **eyes**, as it enables vision in low light and keeps the retina healthy. For the **skin and mucous membranes**, it plays a crucial role in **cell division and regeneration** – it promotes the formation of new skin cells and supports the mucous membranes, which serve as a natural barrier against pathogens. In this way, it helps protect the respiratory tract, digestive system, and other organs.

The **immune system** also benefits from vitamin A, as it supports the production and activity of immune cells such as white blood cells. These play a key role in defending against pathogens and protect the body from infections. Additionally, vitamin A is involved in regulating **iron metabolism** and influences the formation of red blood cells.

Vitamin A is stored in the body, primarily in the **liver**, and released as needed. It can be consumed directly as retinol or converted from beta-carotene. As a fat-soluble vitamin, it is best taken with a meal that contains healthy fats to optimize absorption.

## Frequently Asked Questions

### How do I take Vitamin A drops?

Take 1 drop daily, either pure or mixed into a liquid.

### Who especially needs Vitamin A?

Particularly suitable for people with a vitamin A deficiency, older adults, individuals with vision problems or dry skin.

### Can I take Vitamin A during pregnancy?

Yes, but at a lower dosage – please consult a doctor beforehand.

### What makes artgerecht Vitamin A different from other products?

Only two ingredients, no artificial additives, high-dose formulation (3000 IU per drop), and optimal bioavailability thanks to MCT oil.

### How long does one bottle of Vitamin A drops last?

With a daily intake of 1 drop, one bottle lasts approximately 700 days.

### Can I combine Vitamin A drops with other supplements?

Yes, it can be ideally combined with vitamin D, K2, or omega-3 fatty acids.

## Ingredients

MCT oil (from coconut) – as a carrier for optimal absorption, Retinyl acetate (Vitamin A) – high-purity form for

maximum bioavailability.

**Content Per daily dose (1 drop) NRV**  
Vitamin A 900 µg (3000 IU) 112%

## Recommended intake

Take 1 drop daily, either pure or mixed into a liquid.

## Additional information

- SKU/MPN: 15214
- Content: 15 ml
- Net filling quantity: 15 ml
- EAN/GTIN: 4260656121016
- PZN (DE): 19798986
- PZN (AT): 5961253
- Customs tariff number: 21069098
- Version: 08.07.2025

