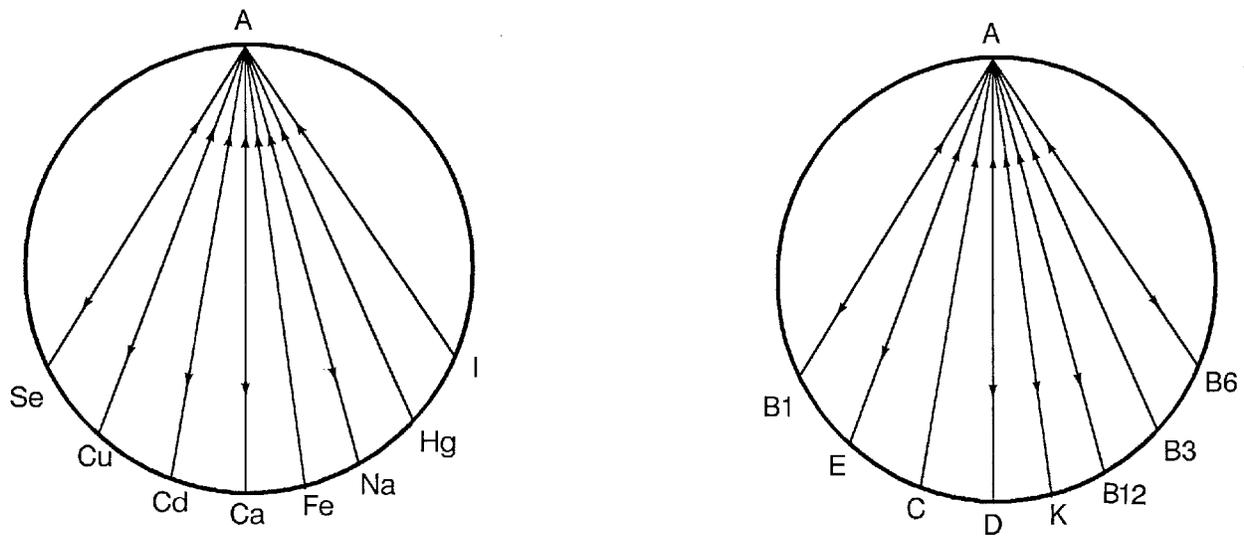


## | VITAMIN A WHEELS

Vitamin A was one of the first fat-soluble vitamins to be recognized and has many roles in body functions. Vitamin A status is not only affected by its antagonistic and synergistic relationships with other vitamins and minerals, but also by thyroid, estrogen, progesterone, testosterone and adrenal hormones as well as protein status.

The following graphics illustrate some of vitamin A's biological antagonistic relationships (arrows indicate antagonistic effect). Prolonged intake of these specific vitamins and/or minerals, singularly or in combination, can produce a vitamin A deficiency, especially if the nutritional or tissue vitamin A status is already marginal. Conversely, prolonged intake of vitamin A can antagonize these same specific vitamins and minerals. It should be noted that antagonism with another nutrient can occur via competition on an absorptive level (intestinal absorption) or metabolic level (cellular), producing compartmental displacement, or increasing requirements.



For Further Information, please refer to "The Nutritional Relationships of Vitamin A, Watts, D.L., **Journal Of Orthomolecular Medicine**, 6, 1, 1991

Trace Elements has pioneered the recognition of nutritional interrelationships, and specializes in evaluating individual nutritional requirements through hair tissue mineral profiles.