

Beta Carotene is best says RealAge® and Biotrex™ Vitamins

By Larry Richards

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Biotrex vitamins <http://www.biotrexvitamins.com>

http://www.biotrexvitamins.com/images/biotrexrenewwomen_product.jpg

While not associated with each other, both companies share the same advise to their readers and customers. Your body needs Vitamin A every single day, but it's best to get it from Beta Carotene. BiotrexVitamins has created state of the art nutritional formulas for several problems that consumers want to solve. We don't use Vitamin A in our Renew+ Anti-Aging formulas for that very reason. We only include Beta Carotene. The good folks at RealAge.com have allowed me to include their daily tip in this new release. It is important to share this information with as many people as possible.

Beta Carotene Is Best - RealAge Tip of the Day

"Make sure you don't go overboard with vitamin A. It could be bad for your bones. A recent animal study revealed that too much vitamin A may increase the risk of bone thinning. To protect yourself from the risks of vitamin A toxicity, choose a supplement that contains vitamin A in the form of beta carotene, a nutrient that the body converts to vitamin A only as needed.

RealAge Benefit: Eating a diverse diet that is low in calories and high in nutrients can make your RealAge as much as 4 years younger.

Vitamin A is essential for healthy vision and aids in immune system function. However, the risk of toxicity from vitamin A supplements is high. Avoid taking large doses of vitamin A (no more than 8,000 IU per day). Instead, rely on vitamins C and E for extra antioxidant protection. Also, choose foods that are rich in the precursor to vitamin A -- beta carotene. Foods rich in beta carotene include apricots, peaches, cantaloupe, nectarines, and sweet potatoes."

So visit RealAge.com and sign up for some excellent health advice and daily health tips. Visit BiotrexVitamins.com for the finest Nutraceutical formulas that help folks solve some of their basic human problems.

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