



ARCADIA® by

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Beta Carotene - Caroten Plus



Suggested Use: Beta-carotene supplement with astaxanthine, lycopene and lutein. Helpful in all cases of increased requirements or deficiencies of these components, especially in eye disorders. **Its use reduces the occurrence of cancers and cardiovascular diseases.**

Recommended dose: 2 caps a day

Packaging size: 375 mg 100 capsules

It occurs naturally in two major forms: **retinol** (of animal origin) and **carotenoids** (of vegetable origin), which are provitamins or precursors of vitamin A.

Beta-carotene has a number of antioxidant actions, such as preventing the oxidation of vitamin C; its absorption in the intestine is complete and it is finally stored in the liver. Retinol is found in egg yolks and cod liver. Carotenoids are found in vegetable organisms, fruit, orange vegetables and dark green leafy vegetables (melons, peaches, apricots, pumpkins, persimmons, carrots, spinach, chard, lettuce, etc.). Daily requirements are 5.000 I.U. (international units) for average adults and 50.000 I.U. for sportsmen. Beta-carotene is also counteract the harmful effects of cigarette smoking; this substance resembles female hormones. Beta-carotene is necessary for **proper growth and repair of body tissues** ; it helps **maintain smooth, soft, disease-free skin** ; it helps **protect the mucous membranes** of the mouth, nose, throat and lungs , thus reducing susceptibility to infections; it provides **protection against air pollutants** (**antioxidant** action against the adverse effects of free radicals); it counteracts night blindness and weak eyesight and is, therefore, **essential for good eyesight** ; finally, it aids in bone and teeth formation. **Current medical research shows that food rich in beta-carotene helps reduce the risk of developing a lung cancer** (especially in **smokers** , who literally 'burn' a huge amount of vitamin A and certain oral cancers. Unlike the vitamin A from fish liver oil, beta-carotene is a non-toxic substance.

Proven effects

- Helps treat many eyesight conditions, such as night blindness and vision of purple spots.
- Promotes bone growth, teeth formation and reproduction.
- Helps keep fit ad maintain disease-free skin, hair and mucous membranes.
- Increases the immune response against lung infections.
- Helps treat acne, impetigo, furuncles and skin ulcers whenever it is applied externally.

Supposed but still unproven benefits

- Helps keep glaucoma under control.
- Has an anticancerogenic action.
- Protects against the negative effects of pollution and smog.
- Combats stress.
- Accelerates recovery.
- Helps eliminate senile spots.
- Combats infections.
- Helps treat skin diseases.
- Reduces the duration of some diseases.