

# iMedix: Your Personal Health Advisor.

## Vitamin A

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- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

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## Description

**Side Effects** This vitamin usually has no side effects when used in recommended doses. If you have any unusual effects, contact your doctor or pharmacist promptly. A very serious allergic reaction to this vitamin is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. How long does it take for this medicine to take effect? The time it takes for the effects of Vitamin A supplementation to become noticeable can vary widely depending on the individual's health status, the reason for supplementation, and existing levels of Vitamin A in the body. For example, improvements in conditions related to Vitamin A deficiency, such as night blindness, can be observed within days to weeks. How long do the effects of this medicine last? Vitamin A is a fat-soluble vitamin, meaning it can be stored in the body's fatty tissues and the liver for long periods. The duration of its effects can therefore last for several months, depending on the body's storage levels and the rate of utilization. Is it safe to consume alcohol while taking this medicine? Excessive alcohol consumption can interfere with Vitamin A metabolism and increase the risk of Vitamin A deficiency. Alcohol can also increase the toxicity of Vitamin A, especially in the liver where both substances are metabolized. Moderate consumption may not have a significant effect, but it's advisable to limit alcohol intake, particularly when taking high doses of Vitamin A. Is this a habit forming medicine? Vitamin A does not have habit-forming properties and does not lead to substance abuse or dependency. It is an essential nutrient required for various physiological functions. Can this medicine be taken during pregnancy? High doses of Vitamin A during pregnancy can cause birth defects and should be avoided. The recommended daily intake of Vitamin A from all sources (food, supplements, and fortified products) should not exceed the upper intake levels established for pregnant women, which is 10,000 IU (3,000 mcg) per day for adults. It is crucial to consult with a healthcare provider before starting Vitamin A supplementation during pregnancy. Can this medicine be taken while breast-feeding? Vitamin A is important for the health of nursing mothers and their infants, as it supports immune function and is critical for vision. Vitamin A passes into breast milk; therefore, maintaining adequate but not excessive levels is important. Nursing mothers should adhere to recommended dietary allowances for Vitamin A and consult a healthcare provider for guidance on supplementation. Uses

Vitamin A is used to prevent or treat low levels of the vitamin in people who do not get enough of it from their diets. Most people who eat a normal diet do not need extra vitamin A. However, some conditions (such as protein deficiency, diabetes, hyperthyroidism, liver/pancreas problems) can cause low levels of vitamin A. Vitamin A plays an important role in the body. It is needed for growth and bone development and to maintain the health of the skin and eyesight. Low levels of vitamin A may cause vision problems (such as night blindness) and permanent eye damage. How to use Vitamin A Take this vitamin by mouth with or without food, usually once daily. Follow all directions on the product package, or take as directed by your doctor. If you have any questions, ask your doctor or pharmacist. If you are using the liquid form of this medication, carefully measure the dose using a special measuring device/spoon. Do not use a household spoon because you may not get the correct dose. Dosage is based on your age, medical condition, and response to treatment. Use this vitamin regularly to get the most benefit from it. To help you remember, take it at the same time each day. Do not increase your dose or use this vitamin more often than recommended. Your condition will not improve any faster, and your risk of side effects will increase. Tell your doctor if your condition lasts or gets worse. If you think you may have a serious medical problem, get medical help right away. Precautions Before taking vitamin A, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients (such as soy found in some brands), which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). During pregnancy, this vitamin has been found to be safe only when used in recommended doses. It must not be used in doses that are higher than recommended because doing so may harm an unborn baby. Consult your doctor for more details. This vitamin passes into breast milk and is considered safe during breast-feeding when used in recommended doses. Consult your doctor for more information. Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: severe headache, tiredness, dizziness, mental/mood changes (such as irritability, depression), vision changes (such as double vision, blurred vision), dry/peeling skin, bone/joint pain, loss of appetite, yellowing skin/eyes, dark urine, severe stomach/abdominal pain. This product is not a substitute for a proper diet. It is best to get your vitamins from healthy foods. Vitamin A is commonly found in fruits (such as apricots, oranges, peaches), vegetables (such as carrots, sweet potatoes, spinach), dairy products, and eggs, among others. Consult your doctor, pharmacist, or nutritionist for more details. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Different brands of this vitamin have different storage needs. Check the product package for instructions on how to store your brand, or ask your pharmacist. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this vitamin are: acitretin, alitretinoin, bexarotene, cholestyramine, isotretinoin, tretinoin, other products that contain vitamin A (such as multivitamins), warfarin. Avoid taking vitamin A at the same time as you take neomycin, orlistat, and mineral oil. If you take any of these medications, separate your doses from your dose of vitamin A by at least 2 hours.

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## Side Effects

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## Uses

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## Interactions

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## Other Details

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