

Vitamin A is essential for overall health and well-being. Because the human body cannot make it, people must obtain this vitamin from their diet.

Our body requires a range of minerals and vitamins in order to function smoothly. Among some of the main essential vitamins that are important for the human body are Vitamins A, B, C and D. All these vitamins perform different functions inside our bodies and the deficiencies of these may result in a number of ailments, both mild and serious. From immunity to eye and skin health and even mental health, the presence (or absence) of these essential vitamins can control some of the most essential functions of the human body. These vitamins are mainly derived from food sources, both animal and plant-based and a diet is only considered healthy and balanced, when it contains adequate amounts of all these vitamins, along with minerals as well as the macro-nutrients- fats, proteins and carbohydrates.

What Is Vitamin A?

Vitamin A is one of the essential vitamins required by the body. It is fat-soluble in nature and is usually stored in the liver. The daily requirements for this vitamin can be easily met by consuming a number of vegetarian and non-vegetarian foods. There are two different types of Vitamin A- Preformed Vitamin A and Provitamin A. Preformed Vitamin A is also known as retinol and it can be used up directly by the body. Meanwhile, Provitamin A is also known as carotenoids, which, after being consumed, are converted to retinol in the body. [Dairy products](#) and poultry like [eggs](#), milk, chicken, are rich in retinol. Meanwhile, carotenoids are present in vegetables and fruits. The Required Dietary or Daily Allowance for Vitamin A varies according to age of the person. Additionally, the RDAs for Vitamin A are especially prescribed for pregnant women, as well as lactating mothers.