

HYPERVITAMINOSIS

Toxicity from high doses of vitamin A. 25,000IU per day is considered to be high and toxic. The upper limit of vitamin A is 10,000IU per day.

CAUSES

- 1) Chronically high consumption of vitamin A especially of retinol (a form of vitamin A found in foods of animal origin) rich food.
- 2) High doses of vitamin A or cod liver oil supplements.
- 3) Patients with renal failure (4,000 IU per day can be toxic.)

DIETARY MANAGEMENT

- a. Do not take vitamin supplements without consulting your physician.
- b. Avoid consumption of vitamin A rich food:
 - i. Animal sources: egg, milk, fortified skimmed milk, butter, ghee, margarines, cheese, cream, meat, fish, kidney and liver.
 - ii. Liver oils of fish like cod, shark, and halibut are richest source of vitamin A. This source of vitamin A is rich in fat and cholesterol.
- c. You can consume plant sources as they provide vitamin A in the form of beta carotene which is converted to retinol in our intestine according to the need of our body hence excess will be excreted.
 - i. Plant sources: yellow orange colored fruits and vegetables are good source of - carotene.
 - ii. Ripe fruits like mango, papaya, melons, apricots, peaches, pink grapefruit and vegetables like pumpkin, carrots, sweet potatoes, winter squashes, cantaloupe, peas, red pepper, tomatoes, and broccoli are rich in - carotene.
 - i. Green leafy vegetables (most dark green leafy vegetables) like, spinach, mustard leaves, fenugreek leaves etc are rich source of - carotene, and here the yellow color of - carotene is masked by chlorophyll present in the plants. These vegetables are free of fat and cholesterol.
- b. Avoid fat as liver is damaged and also vitamin A is a fat soluble vitamin, usually associated with fat rich food.
- c. Avoid alcohol as liver is damaged from high doses of vitamin A.
- d. Avoid food rich in zinc, zinc aids in metabolism of vitamin A:
 - i. Seafood (especially oysters), beef, oatmeal, chicken, liver, milk, spinach, sea plants, nuts and seeds.
 - ii. Plant foods are low in zinc, Whole wheat grains provide good amount of zinc.

CONSULT PHYSICIAN

- a. High doses of vitamin A can damage liver so consult your physician as soon as you have any of the above symptoms.
- b. You can take vitamin C supplements (1,500 mg per day) under the guidance of your physician.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .