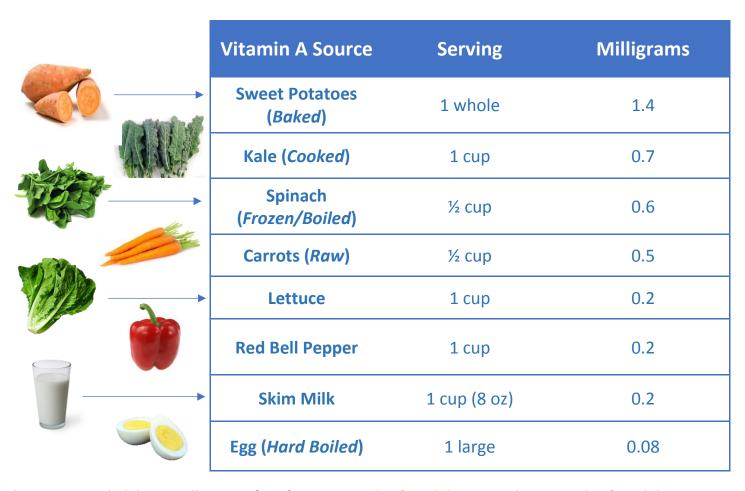


COVID-19 + VITAMIN A

Vitamin A is important to include in your diet because it plays a central role in normalizing our immune system and helps our bodies fight bacterial, parasitic, and viral infections.

Our bodies do not naturally produce $Vitamin\ A$, which means we must get it from external sources in our diet. Vitamin A can be found in yellow and orange fruits and vegetables, as well as dark leafy greens and dairy products.



The recommended dietary allowance (RDA) is 0.9 mg a day for adult men and 0.7mg a day for adult women. For breastfeeding women there is a higher RDA at 1.3mg a day. Before taking any medications, over-the-counter drugs, supplements or herbs, consult a physician for a thorough evaluation.

