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## Forever® A-Beta-CarE®

Forever® A-Beta-CarE® is an essential formula combining vitamins A (from beta-carotene) and E, plus the antioxidant mineral Selenium. Antioxidants are vital in the fight against free radicals (chemical molecules that arise from pollutants in the body and damage healthy cells).

Vitamin A plays an important role in vision, bone growth, reproduction, and cell division. It helps maintain the surface linings of the eyes and the respiratory, urinary, and intestinal tracts. Forever A-Beta-CarE is a specially formulated nutritional supplement that supplies vitamin A to the body from beta-carotene. The body converts beta-carotene to vitamin A in the small intestine during digestion or when it is needed, leaving a low risk of vitamin A overdose (which can be toxic when taken alone in large doses). Beta-carotene is also a recognized antioxidant, making it an ideal companion for vitamin E and Selenium.

Vitamin E, a fat-soluble vitamin, is an excellent supplement for healthy skin. It also protects vitamin A and essential fatty acids from oxidation in the body cells and prevents breakdown of body tissues.

Selenium is a trace mineral and is one of the most powerful antioxidant nutrients known to work synergistically with both vitamin E and beta-carotene. It is beneficial in maintaining healthy skin, hair and good eyesight. Recent research

shows that Selenium is especially important to men's health.

This combination of nutrients, available all in one convenient product, is one of the most important complements to good health.

### Supplement Facts

Serving Size 1 Softgel

| Amount Per Softgel                             | % Daily Value* |
|--|----------------|
| Calories 5                                     |                |
| Vitamin A 12,500 IU<br>(100% As Beta Carotene) | 250%           |
| Vitamin E 200 IU                               | 667%           |
| Selenium 25 mcg                                | 36%            |

\* Percent Daily Values are based on a 2,000 calorie diet

### INGREDIENTS

Refined Soybean Oil, D-Alpha Tocopherol, Gelatin, Glycerin, Beeswax, Purified Water, Rosemary Powder, Carrot Oil, Soy Lecithin, Dark Carob Extract, Beta Carotene, and L-Selenomethionine.

### Contains Soy.

### CONTENTS

100 softgel capsules

### SUGGESTED USE

Take one softgel, twice daily as a dietary supplement.



- Supports healthy skin
- Supports the circulatory system
- Powerful antioxidant



PRODUCT #054

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*

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