

VITAMIN A(RETINOL), SERUM (HPLC)	mg/L	0.30-0.60
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Interpretation

WHO criteria for Adults	Levels of Vitamin A in mg/L
Early deficiency	0.10-0.19
Manifest deficiency	<0.10
Toxic	>1.40

Comments

Vitamin A / Retinol is a fat soluble vitamin essential for vision at low light intensities. It is needed to maintain certain specialized cell membranes, skeletal maturation & to participate in the formation of light sensitive rods in the retina. The deficiency is frequent in the poorer regions of the world and is a common cause of blindness due to corneal damage. Vitamin A deficiency is seen where the diet has lacked dairy produce & vegetables for a long time (nutritional) or in malabsorption syndromes. The earliest sign of Vitamin A deficiency is Night blindness. Toxicity is produced by intake of excessive vitamin A supplements specially in children who ingest >6 mg/day of vitamin A and in adults who ingest >15 mg/day. It has also been noted in explorers who ate polar bear livers which has exceptionally high levels of vitamin A.