

VITAMIN A TOXICITY

Authored by
mohammad looti

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a condition elicited by too much ingestion of vitamin A in which a significant overdose of 500,000 IU or more can inflict lethargy, irritability,, flaking of the skin, throwing up, headache, bone pain, and blurred vision. Long-term ingestion of 100,000 IU or more daily can additionally generate toxic effects. Indicators can be headache, weakness, an enlarged liver and spleen, anemia, stiffness, hair loss, menstrual difficulties bone thickening, joint pain, and dry skin. Conversely, high amounts of beta-carotene have no poisonous impacts.

SELF-ABASEMENT

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