Bio-Carotene contains pure beta-carotene equivalent to 1500 μg vitamin A. This dose is about 188% of the RDA levels (Recommended Daily Allowance) for beta-carotene. Bio-Carotene is manufactured in a way where beta-carotene is mixed into an oil matrix that keeps it stable and increases bio-availability.

In fact, studies document that beta-carotene in supplemental form has better bio-availability than when you get it from vegetables.

What is beta-carotene?
Beta-carotene is a carotenoid. The carotenoids are divided into two main groups: carotenes and xanthophylls. Carotenes consist of hydrogen and carbon, while xanthophylls additionally contain oxygen atoms. Beta-carotene belongs to a group of yellow and red plant dyes. It is beta-carotene which gives carrots their orange color. Beta-carotene is fat soluble, i.e. is best absorbed along with a fat. This takes place in the upper part of the small intestine. Beta-carotene is also a provitamin, as it can be converted to vitamin A when the body is in need. Beta-carotene is also produced in a synthetic version also used as a food color.

Betacaroten and A-vitamin
Beta-carotene is a good source of vegetable vitamin A, and in some parts of the world beta-carotene is virtually the population’s only source of vitamin A. When beta-carotene is converted to vitamin A, this will contribute to the maintenance of normal skin and normal mucosa. It would also be included in the maintenance of a normal eyesight. Also vitamin A contributes to a normal cell division in the body and it is also necessary for a normal immune function.

Ingestion of food and dietary sup-plements with lar-ge quantities (30 mg or more) of beta-carotene may provi-de the skin with a harmless yellowish color that some people find attrac-tive. The color is a re-sult of beta-carotene accumulating in the subcutaneous tissue (hypodermis), mainly on the hands and feet. This color vanishes as soon as the beta-carotene quan-tities are reduced.
Beta-carotene and smokers

All dietary supplements that contain beta-carotene must carry a warning for smokers, telling them not to use the product. This warning is based on research showing that large doses of beta-carotene taken by heavy smokers may increase their risk of lung cancer. There is no evidence suggesting that beta-carotene supplements are harmful for non-smokers. In addition, there is no reason to fear getting too much vitamin A from beta-carotene, as the body stops converting it once its stores are saturated.

Good beta-carotene sources

Beta-carotene occurs naturally in several different foods, some of the best sources being:

- Green vegetables
- Broccoli
- Carrots
- Bell pepper
- Squash
- Apricots

The beta-carotene content in vegetables may vary quite a lot, depending on factors like the soil they were cultivated in, fertilizers, wind, weather conditions, and the subsequent treatment of the crop.