

## Vitamin A Found in Embryonic Plant Extract



Black Elder - Sambucus Nigra (buds)

Vitamin A is also known as retinol. Vitamin A assists helps your eyes adjust to light changes and is also responsible for helping your eyes, skin and mucous membranes to stay moist. The antiinflammatory properties of Vitamin A is by modulation of proinflammatory cytokines. Vitamin A is a well-known antioxidant that can neutralize reactive oxygen species (ROS) also known free radicals that when left unchecked can cause tissue and cellular oxidative damages.

Vitamin A, a fat-soluble vitamin is stored in your body. You need only to daily supply small amounts to your body. Food sources could include eggs, cheese, milk, squash, cantaloupe, and dark and green leafy and yellow vegetables. Excessive intake usually occurs only with large amounts of synthetic Vitamin A supplements is taken and accumulates in the body. Embryonic plant extracts containing Vitamin A are not harmful when taken as directed.

**Embryonic Phytotherapy: Black Elder** – Sambucus Nigra (buds) is the polycrest for Vitamin A it contains 600 IU per ml. Black Elder's high content of Vitamin A is a very effective anti-infectious vitamin. Vitamin A also stimulates the lymphocytes to fight infections more effectively and promotes healthy surface lining of the eyes and the respiratory, urinary, and intestinal tracts. Anthocyanins regenerate rhodopsin "a chromo protein (protein linked to a pigment-carrying substance) that is contained in the light-sensitive cells of the rod type in the retina of the eye; it functions in the eye's includes adaptation to dim light. Embryonic Black Elder buds extract contain almost 5 times the amount of anthocyanins content of blueberries. Black Elder can be found the following VES™ complexes contain Black Elder: **Arresto Depurato, Broncho Modulato, and Sinus Eliminato.**