Mindluster Platform

About the course Vitamin A Deficiency Symptoms

Vitamin A Deficiency course, in this course we will learn about the causes, symptoms, and consequences of vitamin A deficiency. Explore the importance of vitamin A for vision, immune function, and overall health. Discover how inadequate intake or absorption of this essential nutrient can lead to night blindness, compromised immune response, and other health issues. Gain insights into dietary sources of vitamin A and strategies for prevention and treatment of deficiency to promote optimal health and well-being.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **This is Why I NEVER Take Vitamin A Supplements**

Lesson 2 : **Vitamin A Sources Functions and Deficiencies â€“ Dr Berg**

Lesson 3 : **Thyroid Importance of Vitamin A â€“ Dr Berg**

Lesson 4 : **The FIRST Sign of a Vitamin A Deficiency Is**

Lesson 5 : **Vitamin A and Your Immune System**

Lesson 6 : **Why is Vitamin A Named Retinol**

Lesson 7 : **Vitamin A Deficiency â€“ Causes of Dry Eyes Explained by Dr Berg**

Lesson 8 : **You Don t Get Vitamin A From Vegetables**

Lesson 9 :
The Importance of Vitamin A in Pregnancy â€“ Dr Berg on Source of Vitamin A Deficiency

Lesson 10 : **Best Foods for Dry Eyes Vitamin A Deficiency Symptoms â€“ Dr Berg**

Related courses

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