

Carotene

- Beta-carotene is a red/orange pigment found in many fresh fruits and vegetables
- Beta-carotene is converted into vitamin A, an essential vitamin
- Vitamin A is toxic at high levels
- Beta-carotene is a carotenoid and an antioxidantFoods rich in vitamin A include onions, carrots, peas, spinach and squash
- One study showed that smokers with high beta-carotene intake might have an increased risk of lung cancer
- Some evidence suggests that beta-carotene might slow cognitive decline
- Beta-carotene supplements interact with certain drugs, including statins and mineral oil
- Beta-carotene might help older people retain their lung strength as they age.