

RETINOL

(See [Vitamin A](#))

Retinol (or vitamin A) is a fat-soluble vitamin, sensitive to light, temperature and oxidation (air). It has an anti-infectious activity, plays a very important part in eye-sight (particularly at night) and also, in human growth, in the immune system and in the prevention of ageing.

Retinol is found in foods of animal origin, in particular in the lipid fraction (milk fat, butter, cheese, egg yolks....). The main sources of retinol are animals' liver (where it is stored), butter, cheese and eggs.

Retinol µg/100g	Whole milk		Half skimmed milk	Skimmed milk
	Raw	UHT	UHT	UHT
	50.5	39	18	0

Retinol µg/100g	Butter	Cream
	708	213

Foods of vegetable origin (carrots, spinach...) primarily bring beta-carotene, a provitamin that is transformed within the body into vitamin A.

*1 retinol equivalent = 1 µg or 3,33 IU of retinol = 6 µg or 10 IUβ-carotene = 12 µg carotenoids.