

REFERENCE

1. Ross A. Vitamin A and Carotenoids. In: Shils M, Shike M, Ross A, Caballero B, Cousins R, eds. Modern Nutrition in Health and Disease. 10th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2006:351-75.
2. World Health Organization. Global Prevalence of Vitamin A Deficiency in Populations at Risk 1995–2005: WHO Global Database on Vitamin A Deficiency. Geneva: World Health Organization; 2009.
3. Rajakumar K. Vitamin D, cod-liver oil, sunlight, and rickets: a historical perspective. *Pediatrics* 2003;112:e132-135. 2.
4. Grant WB, Strange RC, Garland CF. Sunshine is good medicine: the health benefits of ultravioletB induced vitamin D production. *J Cos Dermatol* 2003;2:86-98.
5. Ames BN, Shigenaga MK, Hagen TM. Oxidants, antioxidants, and the degenerative diseases of aging. *Proc Natl Acad Sci U S A* 1993; 90:7915–22.
6. Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for vitamin C, vitamin E, selenium and carotenoids. Washington, DC: National Academy Press, 2000:186–283.
7. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. 2001. Washington, DC: Inst. Med., Natl. Acad. Press 2