

Table 1: Beta-carotene Comparison

<b>Food Sources</b>	<b>Vitamin A Content (IU/100g)</b>
Seabuckthorn berry oil	122,400 (Beta-carotene)***
Liver, beef	43,900 *
Liver, calf	22,500 *
Chili peppers	21,600 *
Dandelion root	14,000 *
Chicken liver	12,000 *
Carrots	11,000 *
Apricots, dried	10,900 *
Collard greens	9,300 *
Kale	8,900 *

\* Data from Encyclopedia of Nutritional Supplements by Michael Murray.

\*\*\* Data from Rich Nature Lab.