



[HEADLINES](#) [TOPICS](#) [PRODUCT NEWS](#) [HEALTH CONDITIONS](#) [PRODUCTS](#) [JOBS](#) [EVENTS](#)

Search

#### HEADLINES

[Research](#)  
[Industry](#)  
[Regulation](#)  
[Consumer Trends](#)

#### TOPICS

[Health claims](#)  
[Omega-3](#)  
[Probiotics](#)  
[Botanicals](#)

#### HEADLINES > RESEARCH

3 0 0  
 Like Share

## Vitamin A supplement help could slash skin cancer risk: Study

By Nathan Gray, 07-Mar-2012

[Post a comment](#)

Related topics: [Research](#)

**Supplementation with vitamin A could cut the risk of developing skin cancer by up to 40%, according to new research.**

The study – published in the Journal of Investigative Dermatology – reports that supplementation with vitamin A in the form of retinol could offer protection against melanoma – a deadly form of skin cancer – in women. However, researchers also warned that too much vitamin A could also lead to serious side effects.

*"We found a protective effect from supplemental vitamin A, more than you would get from a multivitamin,"* said lead researcher Dr. Maryam Asgari, of Kaiser Permanente Northern California, USA, however she warned that people should not take vitamin A in the hope it will reduce the risk of melanoma.

The authors also noted that while their study has uncovered an association between retinol supplementation and melanoma risk, it does not prove a cause-and-effect relationship.

*"For us to really be able to recommend that [supplementation], we would need a trial,"* said Asgari. *"Based on these findings I wouldn't recommend that the average person start taking vitamin A to prevent melanoma; more data needs to be obtained to make this recommendation."*

#### Research highlights

The researchers noted that previous data from laboratory studies suggests the intake of vitamin A and carotenoids could have chemopreventive benefits against melanoma. However, they noted that epidemiological studies examining the association have so far yielded conflicting results.

#### SPONSORED LINK

##### Choose the antioxidant that detoxifies while it protects

Glutathione is an essential molecule that helps protect cells from the damaging effects of oxidative stress and toxins. Setria® glutathione can help provide your customers the nutritional support they need to help replenish the body's levels... [Click here](#)

Asgari and her team collected data from almost 70,000 people participating in a study on vitamins and lifestyle in the USA – the VITamins And Lifestyle (VITAL) cohort study. They reported that after five years of follow-up, 566 people had developed melanoma.

The research team revealed that they found no relationship between melanoma

## A CALCIUM FOR ALL REASONS

As Easy As 1, 2, 3



**ALBION**  
 HUMAN NUTRITION

**TRAACS**  
 The Real Amino Acid Chelate System

#### MOST POPULAR NEWS

- [1 Omega-3 rich diet could protect against brain aging: Study](#)
- [2 Pre and probiotics in formula could boost infant immunity](#)
- [3 New Zealand: Jack3D is a narcotic](#)
- [4 German professors sue EC over 'void' EU health claims regulation](#)
- [5 Berries could boost brain health in aging population, say researchers](#)

risk and vitamin A in the diet, with any beneficial effect seemingly limited to retinol – and not other forms of vitamin A carotenoids.

Retinol supplementation was found to be associated with 40% less cases of melanoma.

The protective effect of retinol was also found to be stronger among women, and in areas of the skin exposed to the sun, they said.

The authors concluded that retinol supplementation “*may have a preventative role in melanoma among women.*”

Source: *Journal of Investigative Dermatology*

Published online ahead of print, doi: [10.1038/jid.2012.21](https://doi.org/10.1038/jid.2012.21)

“*Association of Vitamin A and Carotenoid Intake with Melanoma Risk in a Large Prospective Cohort*”

Authors: M.M. Asgari, T.M. Brasky, E. White

Keywords: vitamin A, retinol, skin cancer

### More news articles on this topic

- Vitamin A-rich diet may halve stomach cancer risk
- Study backs lycopene against advanced prostate cancer
- Study supports beta-carotene concerns for smokers
- Dairy may protect smokers from prostate cancer - study
- Broccoli warfare to cut cancer risk

### Get more articles like this in your mailbox:

Your email

Sign up

**Copyright** - Unless otherwise stated all contents of this web site are © 2012 - William Reed Business Media SAS - All Rights Reserved - Full details for the use of materials on this site can be found in the [Terms & Conditions](#)

### Post a comment

Comment title \*

Your comment \*

Your name \*

Your email \*

We will not publish your email on the site

I agree to [Terms and Conditions](#)

### POST YOUR COMMENT

When submitted, your comment will be moderated and, once approved, will appear on the site shortly after.

Follow @NutraEurope 1,764 followers

### SUPPLIER WEBINARS

#### Live Supplier Webinars

**Soluble Corn Fiber: What consumers want and why it's important**  
Tate & Lyle

27-Mar-2012

[All supplier webinars](#)

### PRODUCTS

**Seagreens® new findings demonstrate distinctive features and benefits**  
Gee Lawson Ltd.

**BerryPharma Expanding Elderflower Range**  
BerryPharma

**Aronia is the next Generation**  
BerryPharma

**InnoBio's Instantized BCAA - Not Micronized, Real Instantized**  
InnoBio Limited

**Coming out of the Dairy case**  
Ganeden Biotech

**Microencapsulated Low GI High Oleic Fat Powder Aims at Diabetic Nutrition**  
InnoBio Limited

### TODAY'S HEADLINES

**Prebiotic supplements could aid mineral absorption: Rat study**

**EFSA: Iron does not reduce female hair loss**

**Solae makes 'World's Most Ethical Companies' list for 2012**

**Standard protein diets match high protein diets for weight loss & muscle strength**

### WEEKLY / DAILY FREE NEWSLETTER

- FoodNavigator.com**  
Food & Beverage Development - Europe
- FoodNavigator-USA.com**  
Food & Beverage Development - North America
- FoodNavigator-Asia.com**  
Food, Beverage & Supplement Development - Asia Pacific
- NutraIngredients.com**  
Supplements & Nutrition - Europe
- NutraIngredients-USA.com**  
Supplements & Nutrition - North America
- FoodProductionDaily.com**  
Food Processing & Packaging
- FoodQualityNews.com**  
Food Safety & Quality Control

- DairyReporter.com**  
Dairy Processing & Markets
- BeverageDaily.com**  
Beverage Technology & Markets
- ConfectioneryNews.com**  
Confectionery & Biscuit Processing
- BakeryAndSnacks.com**  
Industrial Baking & Snacks
- GlobalMeatNews.com**  
Global Trading and Meat Processing
- FoodManufacture.co.uk**  
The Information Resource for Food and Drink Processing

### OTHER NEWSLETTERS

- Science & Nutrition Research
- Food legislation
- Food Finance
- Innovations in Food Ingredients
- Innovations in Food Processing and Packaging
- Innovations in Food Safety & Instrumentation
- Food Industry & Consumer Trends
- Food Marketing and Retailing

## FREE E-MAIL ALERTS

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Antioxidants, carotenoids | <input type="checkbox"/> Cosmeceuticals                  | <input type="checkbox"/> Dairy-based ingredients     | <input type="checkbox"/> Dosage forms                   |
| <input type="checkbox"/> Fibres and carbohydrates  | <input type="checkbox"/> Minerals                        | <input type="checkbox"/> Nutritional lipids and oils | <input type="checkbox"/> Phytochemicals, plant extracts |
| <input type="checkbox"/> Probiotics and prebiotics | <input type="checkbox"/> Proteins, peptides, amino acids | <input type="checkbox"/> Soy-based ingredients       | <input type="checkbox"/> Vitamins & premixes            |
| <input type="checkbox"/> Bone & joint health       | <input type="checkbox"/> Cancer risk reduction           | <input type="checkbox"/> Cardiovascular health       | <input type="checkbox"/> Cognitive and mental function  |
| <input type="checkbox"/> Diabetes                  | <input type="checkbox"/> Energy & endurance              | <input type="checkbox"/> Eye health                  | <input type="checkbox"/> Gut health                     |
| <input type="checkbox"/> Immune system             | <input type="checkbox"/> Maternal & infant health        | <input type="checkbox"/> Respiratory health          | <input type="checkbox"/> Skin health                    |
| <input type="checkbox"/> Weight management         | <input type="checkbox"/> Women's health                  |  |   |

**Free subscription now!**

## RELATED SITES FROM OUR TEAM

**Food & Beverage:** Food & Beverage Development - Europe | Food & Beverage Development - North America | Food, Beverage & Supplement Development - Asia Pacific | Food Marketing and Retailing | Food and Beverage Processing and Packaging | Food Safety & Quality Control | Industrial Baking & Snacks | Beverage Technology & Markets | Confectionery & Biscuit Processing | Dairy Processing & Markets | Global Trading and Meat Processing | Food jobs - Europe **Nutrition:** Supplements & Nutrition - Europe | Supplements & Nutrition - North America **Pharmaceutical:** Pharmaceutical Technology | Contract Research, Manufacturing & Clinical Trials **Cosmetics:** Cosmetics Formulation & Packaging in North America | Cosmetics Formulation & Packaging in Europe

[About us](#) | [Site map](#) | [All sites](#) | [Recommend this Site](#) | [Advertise](#) | [Contact the Editor](#) | [Terms & Conditions](#) | [Privacy Policy](#)