

June 2024

The Solgar beta carotene product that we have recommended for the FD population has been reformulated at a higher potency. We are now recommending the Solgar beta carotene 7500 mcg soft gels product and we recommend that those with FD ingest one of these pills three times per week, with the suggestion that it be administered on Monday, Wednesday, and Friday of each week.

We recommend 365 by Whole Foods Market, Beta Carotene Dry 7500 mcg for those who wish to keep kosher and want to avoid bovine gelatin.

Dr. Berish Rubin and Dr. Sylvia Anderson