

## DETERMINATION OF THE RETINOL LEVELS IN EGGS OF RUSTIC AND FARM HEN.

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The vitamin A is an essential micronutrient that is involved in a series of biological functions. The adequate food ingestion vitamin sources are important to prevent the development of deficiency conditions of this vitamin. The objective of the present study was to compare the levels of retinol in the rustic and farm hen egg yolk commercialized in supermarkets of the Natal-RN. The analyses of the samples had been carried through the high performance liquid chromatography (HPLC), using one pool of egg yolks. For the statistical analyses the Student's Test-T was used, being the difference considered significant when  $p < 0,05$ . The average of retinol concentrations in rustic and farm hen's egg yolk were  $393,5 \pm 24,7$  and  $379 \pm 30,8$   $\mu\text{g}$  of retinol/100g, respectively. There was no significant correlation between retinol of the egg yolk of the rustic and farm hen. This suggests that the manner in which these hens are raised does not interfere in the amount of retinol contained in their respective eggs. The hen egg is an excellent vitamin A source and an entire egg contributes with 8% of the daily recommendations in vitamin of an adult man.

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