

climatic conditions, and nutrition that may have an influence on this species. the process through which - carotene becomes vitamin A (retinol). We need vitamin A for strong immune systems, good vision, and healthy eyes, as well as for healthy skin and mucous membranes. Even though excessive amounts of vitamin A can be hazardous, our bodies only make as much of the nutrient from beta-carotene as is required. The sand crab serves as a different source of beta-carotene than vitamin A. even E. Although *Asiatica* is not a crab that is commercially viable, it is essential to the environment in order to preserve a healthy maritime ecology. In order to maintain a healthy ecosystem and safeguard this species from extinction, a number of procedures and preventive measures should be implemented to conserve these marine food chain constituents. Additionally, this data may be useful as a baseline for future studies on the species.

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