



Category 4
Vitamins



GOODFORYOU

GOOD FOR LIFE

Vitamin E-400

#100892

100 Sgel

Description: Vitamin E, like beta-carotene and vitamin C, is believed to reduce the risk of **heart disease** and **degenerative disorders** such as *cataracts, cancer, and immune-function disorders*. Vitamin E has been well tested and shown benefits in reducing the risk of heart attacks by over 36% and strokes by 23%. Other studies have shown vitamin E's benefits in preventing certain types of cancer, including **cancer of the stomach, bladder, breast, colon, rectum, and lung**. People who smoke are exposed to a lot of pollutants and need to take extra vitamin E than the suggested daily amounts (Vitamin E protects the lungs from atmospheric pollutants).

Contents / Ingredients

Ching K. Chow, Ph.D., of the University of Kentucky, states that **smoke contains more than 3,000 chemicals, many of which are highly reactive free radicals** that may have altered certain essential enzymes. He concluded that it was the cigarette's visible smoke, rather than its invisible gases that did the most harm.

Some of the benefits of taking vitamin E may not be noticed for some time, in some cases it may take several months. Circulatory improvements when combined with

exercise and vitamin E supplementation have produced improvements in many with circulatory problems by 73%.

Lester Packer, Ph.D., of the University of California at Berkeley, said that E-deficient rats exercised to the point of exhaustion show a **40 percent decrease in endurance**. In short, E-deficient animals tire out earlier. Dr. Packer went on to say that extreme vitamin E deficiency may cause a special form of muscular dystrophy.

Vitamin E plays an important role in the maintenance of the eyes as well as keeping them healthy. More importantly the light sensitive nerve endings in the retina of the eye were destroyed or became abnormal when those deficiencies occurred. Effects of deficiencies in vitamin E or in selenium alone suggests that each of those nutrients play an important role in the retina and a deficiency of either appears to accelerate aging in the retina.

One of vitamin E's most important protective roles takes place in the blood, where there are two substances that must be carefully balanced - *prostacyclins and thromboxanes*. Prostacyclins inhibit clots from forming, and thromboxanes encourage clots to form. Vitamin E supplements that are taken for a two to three month period will help drop the thromboxanes to a safer normal level and the prostacyclins raised to normal levels or higher. **It prevents clots from forming in the first place.**

When vitamin E was given at levels three to six times exceeding what is available in normal diets, the most noticeable improvement was the person's defense against infectious diseases and significantly enhanced immune response. Increased production of antibodies with vitamin E diets has been observed in mice, chicken, turkey, guinea pigs, rabbits, pigs and sheep. Supplementation of vitamin E lowered the mortality rate, and fewer animals succumbed to diseases.

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Softgel	Amount Per Serving	% Daily Value
Vitamin E	400 IU	1330%
(as unesterified d-alpha tocopherol plus mixed tocopherols: d-beta, d-delta, and d-gamma)		
Other ingredients: Vegetable oil concentrate, gelatin, glycerin and water.		
Contains no sugar, yeast, wheat, corn or milk.		
Contains only 100% natural vitamin E.		

SUGGESTED DOSAGE: As a dietary supplement, take one softgel daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.