

Vitamin E

with Natural Mixed Tocopherols



Clinical Applications

- Maintains Normal Inflammatory Balance*
- Immune Support and Inflammatory Balance*
- Promotes Cardiovascular Health*
- Supports Healthy Nerves and Muscles*
- Antioxidant Support*

Vitamin E is an all-natural, balanced, potent vitamin E supplement containing d-alpha tocopherol and natural mixed tocopherols derived from highly refined soy oil without soy protein (the allergenic component). Each softgel provides a combined total of 184 mg for RRR-gamma, RRR-delta, and RRR-beta natural mixed tocopherols. This supplement has been specifically formulated to be highly bioavailable and hypoallergenic.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

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Discussion

Vitamin E with Natural Mixed Tocopherols formula provides full-spectrum, fat-soluble vitamin E to reduce the effects of free radical activity throughout the body. Natural Vitamin E is formulated to maximize antioxidant protection and provide support for cardiovascular health. The formula includes a blend of mixed tocopherols. Each serving provides 400 IU d-Alpha tocopherol and 184 mg of additional natural mixed tocopherol forms for comprehensive antioxidant protection.

Naturally occurring vitamin E refers to a family of fat soluble molecules which include tocopherols. There are four different forms of vitamin E tocopherols: alpha, beta, gamma and delta.¹ The most widely studied forms of vitamin E include alpha tocopherol and gamma tocopherol. Alpha-tocopherol, in its natural d-alpha form, is the form primarily retained in the body and found circulating in the bloodstream. Gamma-tocopherol is the form found most abundantly in food, although heat and oxidation during cooking and processing can destroy it. In the past, most research focused on the role that alpha tocopherol plays; however, new evidence is emerging regarding gamma tocopherol's role in supporting health.^{2,3} Through its antioxidant activity, vitamin E has been shown to support cardiovascular, neurological, ocular and immune health.

Antioxidant Support

In a study of oxidative stress on human blood cells, mixed tocopherols had a stronger protective effect on lipid peroxidation than alpha-tocopherol alone, due to gamma and delta tocopherols ability to trap and neutralize other free radicals in the cell.⁵

Immune Support and Inflammatory Balance

Research has demonstrated that supplementation with vitamin E promotes a healthy immune response. In a study examining vitamin E supplementation in an elderly population, 60 to 800 mg of vitamin E improved several aspects of cell mediated immunity within six to 12 months.⁶ In another study, ingestion of 400 IU of vitamin E for eight months supported immune function by improving macrophage-mediated response.⁷ A tocopherol mixture rich in gamma tocopherol has been shown to maintain normal inflammatory balance by reducing oxidative damage, trapping of unique free radicals called reactive nitrogen species, and inhibition of abnormal arachidonic acid metabolism.⁸ In animal studies delta tocopherol was more active compared to alpha or gamma tocopherols in supporting cellular integrity, possibly through trapping reactive oxygen and nitrogen species that cause cellular damage.⁹

Cardiovascular Health

The oxidation of low-density lipoprotein (LDL) and other lipoproteins can be a major detriment to cardiovascular health. Research has also shown that vitamin E is incorporated into LDLs.^{10,11} By supporting antioxidant activity within LDLs, vitamin E helps maintain cholesterol integrity, normal white blood cell activity, and normal inflammatory balance, which is crucial for cardiovascular health.^{11,12} A double-blinded study found subjects receiving gamma-tocopherol experienced significant cardiovascular support by maintaining healthy LDL cholesterol levels and normal platelet aggregation.¹²

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 100

Amount Per Softgel		% Daily Value
Vitamin E (as RRR-alpha tocopherol)	268 mg	1,787%
Natural Mixed Tocopherols (RRR-gamma RRR-delta, RRR-beta)	184 mg	*

*Daily Value not established.

Other ingredients: Gelatin, glycerin, and water.

Suggested Use

1 softgel daily with food or as directed by a healthcare professional.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



References

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