

VITAMIN-E-COMPLEX

Providing All 8 Members of the Vitamin E Family



Why use Vitamin-E-Complex? Vitamin E is one of the single most important antioxidants and is considered to be the master vitamin that provides nutritional support to the lipid portions of our cells, such as the cell membranes. [◇]

Vitamin E helps nutritionally support red blood cells that carry oxygen to tissues and organs throughout the body. It is an antioxidant that helps support the nervous, cardiovascular and circulatory systems. [◇]

The Lifeplus Vitamin-E-Complex contains all eight isomers that constitute the natural vitamin E family (4 forms of vitamin E and 4 forms of tocotrienols) in ratios similar to those found in nature.

REFERENCES:

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3. Qing Jiang, Stephan Christen, Mark K Shigenaga and Bruce N Ames. Gamma Tocopherol, the major form of vitamin E in the US diet, deserves more attention, *American Journal of Clinical Nutrition*, Vol. 74, No. 6, 714-722, December 2001.
4. Helzlsouer KJ, Huang HY, Alberg AJ, Hoffman S, Burke A, Norkus EP, Morris JS, Comstock GW. Association between alpha-tocopherol, gamma-tocopherol, selenium, and subsequent prostate cancer. *J Natl Cancer Inst* 2000 Dec 20;92(24): 2018-23.
5. Liu M, Wallin R, Wallmon A, Saldeen T. Mixed tocopherols have a stronger inhibitory effect on lipid peroxidation than alpha-tocopherol alone. *J Cardiovasc Pharmacol* 2002 May;39(5):714-21.
6. Gysin R, Azzi A, Visarius T. Gamma-tocopherol inhibits human cancer cell cycle progression and cell proliferation by down-regulation of cyclins. *ASEB J* 2002 Dec; 16(14):1952-4.
7. Ohrvall M, Sundlof G, Vessby B. Gamma, but not alpha, tocopherol levels in serum are reduced in coronary heart disease patients. *J Intern Med* 1996;239:111-7.

Supplement Facts

Serving Size	1 Softgel Capsule	
Servings Per Container	60	
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Amount Per Serving	% Daily Value	
Vitamin E (D-Alpha-Tocopherol)	33 mg α -TE	220%
Total Mixed Tocopherols (D-Alpha, D-Beta, D-Gamma and D-Delta)	300 mg	*
D-Gamma-Tocopherol	150 mg	*
Total Mixed Tocotrienols (D-Alpha, D-Beta, D-Gamma and D-Delta)	10 mg	*
*Daily Value not established.		

INGREDIENTS: Mixed Tocopherols (from Soy, including D-Alpha-, D-Beta-, D-Gamma- and D-Delta-Tocopherol), Capsule Shell (Modified Starch (from Corn), Carrageen Moss (*Chondrus crispus* Stackh), Glycerin (Vegetable), Sorbitol and Water), Sunflower Oil, Mixed Tocotrienols (from Palm Oil and Fruit, including D-Alpha-, D-Beta-, D-Gamma- and D-Delta-Tocotrienol) and Palm Oil.

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product contains soy-derived mixed tocopherols, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegans.

DIRECTIONS: Take one softgel capsule twice a day.

[◇]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.

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