

Natural Vitamin E

(as d-alpha tocopherol)

Natural Form Vitamin E 250iu

Presentation

A soft capsule.

Each capsule delivers:

Vitamin E (in the natural d-alpha form) 168mg (250iu)

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan), Sunflower Seed Oil.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)



quantity
100

type
capsules

code
8707

Natural Form Vitamin E 400iu

Presentation

A soft capsule.

Each capsule delivers:

Vitamin E (in the natural d-alpha form) 268mg (400iu)

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan), Sunflower Seed Oil.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)



quantity
60 & 180

type
capsules

code
8708

Usage and administration

Natural Form Vitamin E 250iu

1 to 2 capsules daily.

Natural Form Vitamin E 400iu

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

Do not take if pregnant or breastfeeding.

Hypertensive persons supplementing with Vitamin E should commence on a low amount of iu. and gradually increase the amount under practitioner's supervision.

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Vitamin E supplements.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

Uses

Natural vitamin E (referred to as 'd-alpha tocopherol') has been shown scientifically to possess twice the potency of its synthetic counterpart (dl-alpha tocopherol) and has been hailed by many researchers as one of the most important dietary antioxidants known to man. Our products contain vitamin E sourced from vegetable oil and are standardised on d-alpha tocopherol, but other tocopherols are present.

Studies indicate that vitamin E may help maintain the health of the heart by protecting polyunsaturated fats in the body from being oxidised into saturated fats and so protect all membranes including those in the lungs and blood vessels. Vitamin E is also recommended during the menopause and to maintain a healthy skin and reproductive system.