Vitamin E - The Key to Antioxidant Health

What Vitamin E Does

Vitamin E may be the most well known dietary supplement there is. Its increasing popularity is due to an extensive amount of clinical research. Research demonstrates vitamin E may dramatically reduce the risk and incidence of heart disease. According the Journal of the American Medical Association, vitamin E supplements can actually slow the progression of heart disease.

Experts recommend supplementing with vitamin E because it is so difficult to consume the amount necessary to provide protective effects. The typical dosage is between 400 IU and 800 IU per day. To consume this amount from the diet, one would have to eat five cups of almonds or ten cups of wheat germ per day.

Antioxidant Protection

Vitamin E plays a very special role in the body as a "protector". What does it protect the body from? Damage caused by "free radicals". Free radicals are a silent unseen enemy that invades and attacks our bodies, contributing to aging, the risk of cancer, and heart disease. Oxygen molecules with "attitude", free radicals wreak havoc on the body through the negative charge they carry. With the help of antioxidants, this negative charge is neutralized, diminishing the destructive power of free radicals. Vitamin E is the body's primary antioxidant. Others include vitamin C, beta carotene, and selenium.

The Role of Supplements

The average diet usually does not supply adequate vitamin E necessary for maximum prevention, therefore supplements are often warranted. Because there are several different types of vitamin E supplements, it is important to understand the terms used when discussing this nutrient.

Alpha-Tocopherol

The most important consideration to make when choosing a vitamin E supplement is to choose the 100% natural form, d-alpha tocopherol, because our bodies use this form most efficiently. Other varieties such as beta, gamma, and delta tocopherols (often called "mixed" tocopherols) exist in nature along with alpha tocopherol.

d versus dl: Natural versus Synthetic

Unlike many vitamins whose synthetic form is "nature identical", synthetic vitamin E is not the same as natural vitamin E and has lower biological activity. Here's why: vitamin E can be either d-alpha tocopherol or dl-alpha tocopherol. The form that exists in our food and the form that our bodies need is the d form: d-alpha tocopherol.

Synthetic vitamin E is dl-alpha tocopherol and is not as biologically active. In fact, studies have indicated that synthetic vitamin E does not stay in the body nearly as long as natural vitamin E, making it much less effective. Be sure to take only the 100% natural form of vitamin E, d-alpha tocopherol. All of our products contain only the natural form of vitamin E

Acetate & Succinates

Vitamin E in its "raw" state (d-alpha tocopherol) is in oil form. The oil form is "esterified" with acetate to better stabilize the vitamin E, maintaining its potency. In order to put it into tablets and hard gelatin capsules, it can be made into a dry form or esterified, using succinate, a carrier that is a compound naturally found in our bodies. This simply means that a natural "carrier", acetate or succinate, is added onto the vitamin E. When the nutrient is ingested, the carrier is removed and it goes back to d-alpha tocopherol in your body.

Water Dispersible Vitamin E

Water dispersible dry vitamin E is vegetarian, in a vegetable capsule and is esterified using succinate. This form of delivery offers an alternative to vegetarians who would like to supplement with vitamin E.

These esterified forms of vitamin E are written as d-alpha tocopheryl acetate (the oil form) or d-alpha tocopheryl succinate (the dry form). Acetate in the softgel and succinate in dry form hard gel protect the vitamin E from potency loss until it gets into your system where it is then converted back into d-alpha tocopherol. Using a carrier also helps us to meet our best-by date labeling requirements, which ensures that you are getting all the good nutrition that the label states.

Remember, esterified vitamin E is still natural as long as you see the "d" in front of the name versus "dl." It is d versus dl that determines whether it is natural or synthetic, not the carrier.

Our Feature Vitamin E Products

Our Vitamin E Products are 100% natural d-alpha tocopherol, contain only the finest natural source of vitamin E, and are available in a softgel or vegetarian capsule. We offer:

- 400 IU Softgel
- 1000 IU Softgel
- 200 IU Softgel Mixed Tocopherols
- 400 IU Softgel Mixed Tocopherols
- 1000 IU Softgel Mixed Tocopherols
- 400 IU Dry Vitamin E - vegetarian
- Vitamin E with Selenium - perlecaps, compare to Solaray® BioE® with Selenium

This information is for education purposes only and should not be construed as medical advice. 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.

REFERENCES:

Coppola A, et al. Impairment of coronary circulation by acute hyperhomocysteinaemia and reversal by antioxidant vitamins. J Intern Med. 2004 Nov;256(5):398-405.
Costa VA, et al. Alpha-tocopherol supplementation favorable effects on blood pressure, blood viscosity and cardiac remodeling of spontaneously hypertensive rats. J Nutr Biochem. 2005 Apr;16(4):251-6.

2122