



# Vitamin E

## Did You Know?

Vitamin E is a fat-soluble vitamin that is a group of 8 structurally different compounds! There are 2 different classes of components in Vitamin E; tocopherols and tocotrienols. Each class has four distinct compounds, which gives you 8 total compounds!

### Why Take Vitamin E?

- Vitamin E is the body's primary antioxidant
- Vitamin E plays a very special role in the body as a "protector"
- Vitamin E helps to protect the cells and body from damage caused by "free radicals"
- Supports the production of HDL particles
- Supports cardiovascular health
- Vitamin E acts like a protective antioxidant that fights cholesterol oxidation
- Supports healthy skin and capillary strength
- Supports healthy blood glucose levels

## What's Wrong With 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. These oxygen rich molecules wreak havoc on the body through the negative charge they carry. With the help of antioxidants, such as Vitamin E, this negative charge is neutralized,

## Synthetic Vs Natural Vitamin E

Natural vitamin E is a family of eight different compounds: four tocopherols and four tocotrienols diminishing the destructive power of free radicals.

**d-alpha= natural**

**dl-alpha= synthetic**

**Natural Vitamin E** is d-alpha tocopherol; this is the form that exists in our food and the form that our bodies need.



# Vitamin E

**Synthetic Vitamin E** is dl-alpha tocopherol and is half as potent as natural ("d") vitamin E.

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. Vitamin E can be either d-alpha tocopherol or dl-alpha tocopherol.

## The Other E's

Other varieties such as beta, gamma, and delta tocopherols (often called "mixed" tocopherols) exist in nature along with alpha tocopherol.

## Why Is Alpha Tocopherol So Popular?

Specific proteins designed to transport Vitamin E appear to have a greater affinity for the Alpha tocopherol form. Transporter proteins not only favor the alpha form, but the tissues have a higher retention of this form, making it one of the more popular forms of Vitamin E supplements.

## Tocotrienols vs. Tocopherols

Both have similar capacities to protect cellular membrane components from oxidative damage and free radical attack.

The food sources for tocopherols and tocotrienols are different:

- Tocopherols are found in nuts, canola oil, soybean oil, wheat germ and sunflowers
- Tocotrienols are found in oats, barley rice bran, palm oil and rye

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. For Retail Use Only. The information provided here is strictly for educational purposes only. It is not intended as medical advice. Consult your health care professional when using dietary supplements.

USDA National Organic Program <http://www.ams.usda.gov/AMSv1.0/nop> as viewed 25 April 2011  
Organic Trade Association <http://www.ota.com/index.html> as viewed 25 April 2011

