NATURAL VITAMIN E

Ortho Molecular Products
Because Efficacy Matters®

CLINICAL APPLICATIONS

- *Provides Protection Against Free Radical Damage*
- *Supports Healthy Cytokine Balance and a Balanced Cycle of Inflammation*
- *Promotes Cardiovascular and Nervous System Health*

ESSENTIAL VITAMINS

The Natural Vitamin E 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 800 IU d-Alpha tocopherol and 400 mg of additional non-alpha tocopherol forms for comprehensive antioxidant protection.

Overview

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 twelve 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 support healthy inflammation 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 the normal response to inflammation, 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]

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

eFFICACY the power of e

Directions

1-2 soft gel capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts V1

Serving Size 2 Soft Gel Capsules
Servings Per Container 30 & 60

2 soft gel capsules contain	Amount Per Serving	% Daily Value
Vitamin E (as d-Alpha Tocopherol)	800 IU	2,667%
Total non alpha tocopherol forms	400 mg	*
d-Beta and d-Gamma tocopherols	272 mg	*
Delta tocopherols	92 mg	*

* Daily Value not established

ID# 131060 60 Soft Gel Capsules
ID# 131120 120 Soft Gel Capsules

References

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