# Vitamin E[8]

All 8 forms of Vitamin E, 4 tocopherols + 4 tocotrienols

Code: FE1096 – 120 softgels

New Roots Europe

This is a very complete natural vitamin E formula because it includes its 8 natural compounds: the D-Alpha, Beta, Gamma and Delta forms, of both **tocopherols** and **tocotrienols**, in order to complete and notably reinforce its positive effects. This is worth pointing out because tocotrienols are considered the most active components of vitamin E due to their great ability to reach the interior of cells. This Vitamin E[8] also includes **sterols** and **squalenes,** which have shown very positive effects on the body as antioxidants and immune modulators.

The antioxidant activity of vitamin E and its positive effect on the immune system is therefore reinforced by the mixed tocopherols, tocotrienols, sterols, especially betasitosterol, and squalenes.

The new vitamin E formula comes from soy beans that are guaranteed non-genetically modified. Extraction is carried out through a process known as molecular distillation with no solvents used in the process. NON-GMO.

**Ingredients:** Natural vitamin E (from sunflower *Helianthus annuus*), organic sunflower oil (*Helianthus annuus*), mixed tocopherols (vit. E), thickener: beeswax, squalene (from olive oil *Olea europaea*), plant sterols, gelling agent: sunflower lecithin, palm fruit oil *Elaies guineensis* (tocotrienols), softgel (glacing agent: gelatin; colour: natural caramel; humectants: purified water and glycerol).

| **Nutricional information:** | **1 softgel (950 mg)** |
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| Natural vitamin E (from sunflower) (D-*alpha*-tocopherol) (400 IU/softgel) | 268 mg α-TE (2 233%*) |
| Sunflower oil (organic) | 125 mg (**) |
| Mixed tocopherols | 53 mg |
| *gamma*-tocopherols | 45-60% |
| *delta*-tocophrols | 13-25% |
| D-*alpha*-tocopherols | 7-14% |
| *beta*-tocoferol | 0,5-2% |
| Squalene (*Olea europaea*) | 45 mg (**) |
| Plant sterols (*beta*-sitosterols, campesterols, stigmasterols) | 20 mg (**) |
| Tocotrienols | 3,16 mg (**) |
| *gamma*-tocotrienols | 30-46% |
| D-*alpha*-tocotrienols | 24-30% |
| *delta*-tocotrienols | 10-20% |
| *beta*-tocotrienols | 2-4% |

*NRV: Nutrient Reference Value in % / **NRV not established

**Contains no:** Preservatives, artificial flavour or colour, wheat, or corn.

**Size and format:**
120 softgels

**Recommended daily dose:**
1-2 softgels daily with food.

Do not exceed the stated recommended daily dose.

The consumption of more than 3 g/day of plant sterols supplements should be avoided.

**Indications and uses:**
Different studies have shown the positive value of vitamin E and beta-sitosterols for prostate and breast health, as well as cholesterol levels.
It protects against environmental pollution, is an ally for the skin, improves vascular circulation, helps with the treatment and prevention of heart disease, and with the process of proper tissue scarring. It relieves premenstrual disorders, decreases the breast tension and discomfort women experience during the premenstrual period, and regulates menstrual flow. It has proven to be useful for treating hot flashes and headaches during menopause. It is also helpful for infertility and nervous disorders.

**Cautions:**
Do not use if you are allergic to sunflower seeds. Consult a health-care practitioner prior to use if you are pregnant or breast-feeding; if you have cancer; if you have cardiovascular disease or diabetes; or if you are taking blood thinners. This product is not intended for people who do not need to control their blood cholesterol level. Patients on cholesterol-lowering medication should only consume this product under medical supervision. This product might not be nutritionally appropriate for pregnant or breast-feeding women or children under the age of 5 years. This product is to be used as part of a balanced and varied diet, including regular consumption of fruit and vegetables to help maintain carotenoid levels.

VITAMIN E: Vitamin E is a liposoluble vitamin, considered the **main intracellular antioxidant,** protecting tissues from free-radicals and slowing down the ageing process of cells, fighting premature ageing of the skin. It keeps saturated fatty acids and vitamin A from breaking down and combining with other substances that can be toxic for the body[1-3].

It has the ability to make contact with oxygen and prevent its conversion into toxic peroxides, purifying the blood of free-radicals and thus improving blood flow and the transport of oxygen[6,7].

It strengthens the collagen structure of arteries, providing them with elasticity and allowing for greater blood flow in the heart, inhibiting the formation of blood clots and fat deposits. With blood vessels in good shape, the immune system can function optimally[1,4].

Vitamin E is essential for the formation of cell structures and has the recognized ability to modulate cell function and stimulate the body's natural resistance. It favours the production of antibodies through T-lymphocyte activation. Vitamin E is also able to protect other antioxidants like vitamin C, selenium and B vitamins, increasing their antioxidant efficacy[5].

Tocotrienols protect against hardening of the arteries by preventing the oxidation of low density lipoproteins (LDL), one of the triggers of atherosclerosis. They also slow down a hepatic enzyme that has a key role in cholesterol synthesis[1,2,4].

**References:**
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2) Traber, M. G., & Atkinson, J. (2007). Vitamin E, antioxidant and nothing more. *Free Radical Biology and Medicine*, *43*(1), 4-15.
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4) Yusuf, S., Dagenais, G., Pogue, J., Bosch, J., & Sleight, P. (2000). Vitamin E supplementation and cardiovascular events in high-risk patients. The Heart Outcomes Prevention Evaluation Study Investigators. *The New England journal of medicine*, *342*(3), 154-160.
5 Institute of Medicine (US) Panel on Dietary Antioxidants and Related Compounds. *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids*. Washington (DC): National Academies Press (US); 2000. Available from: https://www.ncbi.nlm.nih.gov/books/NBK225483/ doi: 10.17226/9810, 529.
6) Hosomi, A., Arita, M., Sato, Y., Kiyose, C., Ueda, T., Igarashi, O., ... & Inoue, K. (1997). Affinity for α-tocopherol transfer protein as a determinant of the biological activities of vitamin E analogs. *FEBS letters*, *409*(1), 105-108.
7) Azzi, A. (2007). Molecular mechanism of α-tocopherol action. *Free Radical Biology and Medicine*, *43*(1), 16-21.