

Vitamin E (Item #5071)

One of Nature's Most Powerful Anti-Oxidants

Recommended for On-Going Vascular Support

What is Vitamin E?

Vitamin E is a potent antioxidant that helps protect cells from "free radical" damage. Antioxidants are extremely important in the prevention of heart disease, cancer and diabetes. The most natural form of Vitamin E available is **d**-Alpha Tocopherol (not to be confused with **dl**-Alpha). Universal Formula's Vitamin E is a plant-sourced blend of Tocopherols including d-Alpha, d-Beta, d-Delta, and d-Gamma. This unique, all natural blend makes this product one of the most complete and natural forms of Vitamin E available.

What are some of the benefits of taking Vitamin E?

Vitamin E is a vital component in maintaining maximum health in the human body, exemplified in part by the following. Vitamin E:

- ✓ Plays a large role in the healing process;
- ✓ Is an excellent skin toner, increasing skin elasticity and the skin's ability to retain moisture;
- ✓ Has been known to increase libido and assist with female hormonal imbalance;
- ✓ Increases endurance when exercising or participating in physical activities;
- ✓ Can improve many circulatory and heart problems that are related to a lack of Vitamin E;
- ✓ Is known to reduce and eliminate varicose veins.

Natural vs. Synthetic:

Natural Vitamin E contains a family of eight different but related molecules that can be classified as 'the tocopherols' and 'the tocotrienols'. Within each of these are various forms, where the d-alpha-tocopherol is the most potent. We use the phrase "mixed tocopherols" when referring to these different types. Other natural sources of Vitamin E contain only the d-alpha form of Vitamin E.

Synthetic Vitamin E (called 'Vitamin E acetate', or, 'dl-alpha-tocopherol') contains both active and inactive forms of alpha-tocopherol and is not included in our Vitamin E supplement, due to its synthetic chemical properties.

Properties of Our Vitamin E:

The Vitamin E that we provide our customers is a 100% natural form that is cold process extracted from soybeans. Our Vitamin E contains the d-alpha tocopherols, d-beta, d-gamma and d-delta forms that occur naturally in soybeans. These are true natural form mixed tocopherols. The mixed tocopherols are a whole food Vitamin E containing more of the natural forms present in nature. Our cold extraction process leaves all other naturally occurring constituents intact, including all naturally occurring enzymes. Manufacturing practices used in the production, extraction and packaging of our Vitamin E are among the best in the industry. Our Vitamin E has a 25-year track record of producing excellent results for our clients. The only way to get a more natural form of Vitamin E is to eat raw wheat germ or other raw food containing substantial quantities of Vitamin E.

Vitamin E is a major antioxidant.

Antioxidants help to protect cells from free radical damage. "Free radicals" are the product of cellular activity. They are equivalent to exhaust from the burning of fuel. Eventually, free radicals can prevent the body from using its natural methods of defense. As this happens, these damaged cells may contribute to aging, certain diseases, and even cancer. The more antioxidants a person has in her/his body, the less free radical can damage cells, meaning less chance for disease and cancer.

As such, Vitamin E helps protect cells from free radical/oxidative damage and is the primary defense against lipid peroxidation. Vitamin E is important as an anti-oxidant in the prevention of cardiovascular disease and several types of cancer.

Only a small amount of Vitamin E is needed to meet normal daily requirements. However, research has provided preliminary evidence that using Vitamin E at far higher doses than the daily requirement may be helpful for preventing or treating various medical conditions. These uses include treating cardiac autonomic neuropathy (*a complication of diabetes*), low sperm count, restless leg syndrome, inflammation of eye tissues, Parkinson's and rheumatoid arthritis. Vitamin E promotes normal blood clotting and healing, aids in preventing cataracts, improves athletic performance and assists in maintaining cell integrity. Also known to generally improve circulation, Vitamin E is useful in treating fibrocystic disease of the breast as well as the cramps associated with premenstrual syndrome. Studies suggest that this vitamin may slow the progression of Alzheimer's disease and may also improve seniors' immune response. In fact, Vitamin E has is thought to protect against approximately eighty diseases. These protective benefits are achievable with supplemental intakes higher than what is normally consumed in the average diet.

Recommended Dosage:

The recommended dosage is one to two soft gels daily. Many people take even higher doses. As with any supplement, achieving the best results from Vitamin E may require a change in lifestyle. Keeping a healthy diet, exercising the body and mind, limiting alcohol intake, avoiding cigarette smoke and taking supplements are just a few ways to improve overall health.

Additional Tip: Experience shows taking Vitamin E in the morning and Vitamin C at night or the inverse will allow you to achieve maximum results from each supplement.

Additional Tip: If you are challenged with a sore throat, break a Vitamin E soft gel and allow the liquid to "coat your throat." You will enjoy great relief and still have the anti-oxidant value as well.

Ordering Information

Vitamin E (Item #5071) 100 soft gels

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.