

Are you taking the wrong form of Vitamin E?



Taking the wrong Vitamin E can cause heart failure

Most vitamin E supplements contain **only** the *alpha*-tocopherol form of Vitamin E, which research now shows, when used without the other 7 forms of Vitamin E, can **increase the risk of heart failure¹⁻⁴ and death⁵⁻⁶**, even in doses as low as 400IU!

Furthermore, using only the *alpha*-tocopherol form of Vitamin E, which most locally available products contain, does nothing to reduce the risk of cancer as was previously thought²⁻³.

To protect your heart and reduce cancer-risk you need all 8 types of Vitamin E, known as mixed tocopherols and tocotrienols^{4,7,11}, (which provide, not only the *alpha*-tocopherol form, but also the *beta*-, *gamma*- and *delta*- forms of both tocopherols and tocotrienols).

Taking all 8 types of Vitamin E is especially important, since heart disease is the second largest killer of South Africans after HIV/AIDS.

SOLAL's Full Spectrum Vitamin E is the only Vitamin E product on the South African market that contains all 8 forms of Vitamin E, to protect your heart and provide the benefits obtained in clinical trails.

CAUTION:

Most "natural" Vitamin E products contain only alpha-tocopherol. Read the label! Buying "natural" Vitamin E does NOT mean you are getting all 8 forms. Only Solal's Full Spectrum Vitamin E provides all 8 forms of mixed tocopherols & tocotrienols.

Why are all 8 types of Vitamin E so important?

- Mixed tocopherol & tocotrienol Vitamin E is **60x more effective** than conventional Vitamin E: Tocotrienols have been shown to be 40-60 times more potent than alpha-tocopherol as an antioxidant²².
- They **act synergistically** enhancing each others' activity and health benefits⁷.
- Studies show that it may be **dangerous to take supplements containing only alpha-tocopherol** at high doses (400 IU/268.5 mg or above) because it prevents the action of the most important cardiovascular and cancer protective tocopherol: *gamma*-tocopherol¹².
- Gamma*-tocopherol in combination with other tocopherols:
 - has strong **cardiovascular** protective effects (preventing clotting and strokes, lowering cholesterol, especially the bad LDL type, and protecting the heart) while *alpha*-tocopherol does not¹⁴⁻¹⁵
 - protects against many types of **cancer** including colon, liver, breast and prostate cancers¹⁵ (*alpha*-tocopherol alone cannot do this).
 - acts as an **anti inflammatory**^{9,12}
 - helps prevent **dementia, Alzheimer's** and **brain cell damage** while *alpha*-tocopherol alone does not¹³.
 - protects against the age-accelerating nitrogen oxide free radicals caused by the **pollutants** like vehicle exhaust fumes, cigarette smoke and dietary pollutants. *Alpha*-tocopherol is a strong antioxidant but is not nearly as effective at fighting these free radicals⁹.
- Combined tocopherols **protect DNA**⁹.
- A supplement without tocotrienols is missing the most important Vitamin E forms because:
 - Tocotrienols are very important in a world where breast cancer is on the increase and the ozone is thinning because they **strongly help prevent breast cancer¹⁶ and protect our skin** from the free radicals caused by ozone and ultra-violet radiation from the sun²¹.
 - Tocotrienols **increase lifespan¹⁷⁻¹⁸, decrease cholesterol^{7,19-20}** and act as **more potent antioxidants that tocopherols⁷**.
- Mixed tocopherol and tocotrienol Vitamin E has potent **anti-cancer** effects¹¹

Can I get enough from my diet?

No, most oils and food contain some tocopherols, but virtually no tocotrienols. Tocotrienols only occur at very low levels (below 800 parts per million) in nature. Due to their low levels, it is impossible to obtain the ideal amount of tocotrienols from diet alone. For example, one would have to drink a cup of pure palm oil per day to attain this level.

SOLAL Full Spectrum Vitamin E is your best choice because

- It contains all 8 tocotrienols and tocopherols, in the **ideal ratios**, found in nature and **proven in clinical research**.
- SOLAL's tocotrienols and tocopherols are **extracted from palm oil** and therefore contain **beta-tocotrienol**, unlike tocotrienols extracted from rice bran oil which contain no (or very little) beta-tocotrienol.
- Palm oil extracts also supply **other health enhancing synergistic nutrients**: phytosterols, squalene and mixed carotenoids.

Each daily dose of one capsule provides:

- Mixed tocotrienols 66.8mg** (19.5mg alpha tocotrienol, 2.5mg beta tocotrienol, 9.3mg delta tocotrienol, 35.5mg gamma tocotrienol)
- Mixed tocopherols: 367mg** (46mg d-alpha-tocopherol, 7mg d-beta-tocopherol, 104mg d-delta-tocopherol, 210mg d-gamma-tocopherol)
- Plant sterols 6mg, Squalene 17mg, Mixed carotenoids (alpha and beta) 84.5mcg**



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