

Is your vitamin E harming you?

If someone asked you "Are animals dangerous?"

Your answer would probably be "Well, that depends on the type of animal". A hungry lion, yes. A cute puppy dog, probably not. There are, after all, so many different animals.

Let's ask another question. "Are vitamin E supplements healthy?"

The answer is "Well, that depends on the type of vitamin E".

There are 8 types of vitamin E. Most of them are healthy. One, the cheapest and most frequently found in supplements, known as alpha-tocopherol, is not healthy when taken in commonly used doses above 400IU.

Research papers published in the Journal of the American Medical Association (JAMA) and Annals of Internal Medicine have linked moderate to high doses (greater than 400IU) of the **alpha-tocopherol type of vitamin E** to heart attacks, strokes and increased death rate. It also **does not reduce cancer risk** as was first believed. One of the reasons some researchers propose why this occurs is that the alpha-tocopherol form of vitamin E can inhibit the absorption of another type of vitamin E, known as gamma-tocopherol. It can also decrease the effectiveness of 4 other types of vitamin E known as the tocotrienols (alpha, beta, delta and gamma). These other forms of vitamin E are important for heart health and they protect the body. So, by inhibiting the absorption and reducing the effectiveness of other forms of vitamin E, moderate to high doses of the alpha-tocopherol form can actually make you less healthy.

GAMMA IS GREAT Research has found that the gamma-tocopherol and gamma-tocotrienol forms of vitamin E are more effective than the alpha form in destroying free radicals which contribute to inflammation. Inflammation is thought to be a root cause of many diseases, including heart and blood vessel diseases. Inflammation is also considered to be one of the causes of the aging process. Some researchers conclude that the gamma forms prevent blood clotting and strokes, lower cholesterol and blood pressure, and protect the heart and brain – particularly against dementia.

Recent studies have linked gamma-tocotrienols to fewer cases of age-related high blood pressure because of its neutralising effect on free radical toxins and by enhancing the body's antioxidant defence system.

WHITE WHEAT – DEADLY DIABETES Studies show that alloxan, the chemical that makes white flour look "clean" and "beautiful", destroys the insulin-producing beta cells of the pancreas, putting you at risk of diabetes. Studies show that vitamin E can reverse the effects of alloxan. So, if you eat white bread or pasta, vitamin E is probably one of the most important vitamins to be taking.

If you want to supplement with 400IU's or greater of vitamin E for heart, brain and immune system health, you should supplement with all 8 types of vitamin E, namely alpha-tocopherol, beta-tocopherol, delta-tocopherol, gamma-tocopherol, alpha-tocotrienol, beta-tocotrienol, delta-tocotrienol and gamma-tocotrienol.

SOLAL's Full Spectrum Vitamin E is your best choice:

- Most other vitamin E products contain only the alpha-tocopherol form. Some products contain up to 5 forms of vitamin E. Check the label of your vitamin E.
- SOLAL's Full Spectrum Vitamin E contains all 8 tocotrienols and tocopherols, in the ideal ratios, found in nature and proven in clinical research.

What's in your capsule?

8 types of vitamin E

4 different TOCOTRIENOLS

4 different TOCOPHEROLS



Competitor Brand tocotrienol/tocopherol vitamin E contains these 5 types

Most vitamin E supplements contain only this ONE type

SOLAL's Full Spectrum Vitamin E the ONLY vitamin E in South Africa with all 8 types, including both gamma-tocopherol and gamma-tocotrienol



PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

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MANY TIMES MORE EFFECTIVE THAN CONVENTIONAL VITAMIN E

GAMMA-TOCOPHEROL

FULL SPECTRUM VITAMIN E

MANY TIMES MORE EFFECTIVE THAN CONVENTIONAL VITAMIN E

GAMMA-TOCOTRIENOL

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