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ESSENTIALS

VITAMIN E 400iu & 800iu

Protective antioxidant nutrient

Nutritional Information

One Capsule provides:

Vitamin E

Mixed tocopherols

Take one to two capsules daily. Swallow with water.



SUMMARY

- A choice of 2 strengths to suit individual requirements.
- With mixed tocopherols for a synergistic effect.

DESCRIPTION

Vitamin E exists in 8 different forms, some exerting more of an effect on the human body than others. Vitamin E 400iu and 800iu contains D-alpha tocopheryl, along with the benefits of added mixed tocopherols for a synergistic effect on the body. Quest Vitamin E is available in 2 different strength packs – 400iu and 800iu which can be recommended based on the individual.

HOW DOES VITAMIN E SUPPORT CARDIOVASCULAR HEALTH?

Antioxidant: Vitamin E is a potent antioxidant that neutralises reactive oxygen species (ROS) free radicals. It is the primary fat soluble antioxidant in human plasma¹. It is important to maintain the integrity of long-chain polyunsaturated fatty acids found in cell membranes, and to help maintain their function. Antioxidants are essential for protecting cardiovascular health as they help to prevent the oxidation of cholesterol within blood vessels, the main cause of atherosclerosis².

Platelet aggregation: Studies demonstrate improved endothelial derived nitric oxide function which is independent of its antioxidant protection of low density lipoprotein (LDL)¹. Vitamin E inhibits protein kinase C (PKC) stimulation. PKC are a group of enzymes that control the function of other proteins, and inhibition leads to lower platelet aggregation activity.

Blood flow: Vitamin E significantly improves blood flow to the retina and kidneys in type 1 diabetic patients and helps to prevent complications such as diabetic retinopathy or nephropathy³.

HOW DOES VITAMIN E SUPPORT HORMONAL HEALTH AND FERTILITY?

Unexplained infertility: Studies suggest that vitamin E may improve the endometrial response in females with unexplained infertility. The mechanism of action is the antioxidant and anticoagulant effects⁴.

Menopausal hot flashes: Vitamin E 400iu supplementation reduces both the severity and number of hot flashes in menopausal woman⁷. The mechanism of action is currently unclear, however it has been theorised that vitamin E has a positive impact on oestrogen production.

Increasing sperm motility: Vitamin E has shown to have an antioxidant effect and protect sperm in men with asthenospermia. Studies show an increase rate (21%) of impregnation after vitamin E supplementation⁵. Other studies show increased fertilization rates in males after just one month of vitamin E supplementation⁶.

HOW SHOULD VITAMIN E 400iu AND 800iu BE TAKEN?

As a food supplement, take one to two capsules daily. Swallow with water.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING VITAMIN E 400iu OR 800iu?

Vitamin E 400iu and 800iu is intended exclusively for adults and is not recommended for:

- Children
- Pregnant woman
- Those on blood thinning medication

FEATURES

- A choice of two strengths
- With mixed tocopherols for a synergistic effect
- Free from dairy and gluten

HEALTH NEEDS



DETOX & CELL
PROTECTION



HEART &
CIRCULATION



MENOPAUSE



WOMEN'S HEALTH



EYES

SCIENTIFIC REFERENCES

1. The Journal of Nutrition, Volume 131, Issue 2, 1 February 2001, Pages 374S–377S.
2. Molecular nutrition and food research: Volume49, Issue11, November 2005 Pages 1075-1082.
3. Diabetes Care 1999 Aug; 22(8): 1245-1251.
4. J Assist Reprod Genet. 2012 Apr; 29(4): 325–328.
5. J Androl. 1996 Sep-Oct;17(5):530-7.
6. Fertil Steril. 1996 Sep;66(3):430-4.
7. Gynecol Obstet Invest. 2007;64(4):204-7.

