

VITAMIN E

60
Capsules

Food Supplement NATURAL SOURCE

Vitamin E is a fat-soluble vitamin which is an important vitamin required for the proper function of many organs in the body.

This important nutrient involved in a wide range of metabolic processes such as cell signalling and gene expression, and plays a role in platelet aggregation, protect your cells against damage (as an antioxidant), treat of certain skin conditions, boost hair growth and support healthy vision and neurological function.

Antioxidants are free radicals which are electrons that have broken off from an atom. Free radicals have been linked to a wide range of health conditions such as chronic diseases included Crohn's disease, chronic pancreatitis, cholestasis or leaky gut syndrome.



VITAMIN E IS NOT A SINGLE VITAMIN, BUT RATHER A GROUP OF FAT- SOLUBLE VITAMINS WITH ANTIOXIDANT EFFECTS

PRODUCT INFORMATION

Each capsule provides:

Vitamin E – 200 iu

NO ADDED: artificial colours, flavourings, preservatives, dairy products, gluten, lactose, soya, sugar, wheat and yeast.

Ingredients: Vitamin E (D-Alpha tocopherol) (**Soya**), capsule Shell (Gelatine, Glycerine)

ALLERGY ADVICE: for allergens, see ingredients in **bold**

Directions: Take 1 capsule x 2 times daily with food or water or as advised.

CAUTION:

- Do not exceed the recommended daily intake.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Spinach, swiss chard, mustard greens and other leafy greens are excellent sources of dietary vitamin E but the only way to get the whole spectrum of E benefits is through supplementation.

vitamin E



VITAMIN E NUTRITION INFOGRAPHIC

Function

- Prevents premature aging
- Normal muscle function
- Formation of red blood cells
- Healthy immune system
- Maintain vitamin A levels in body

Facts

- Vitamin E deficiency occurs in 77.4% premature babies
- Vitamin E prevents brain complications in premature babies



RDA

- Men 15 mg (22.4 IU)
- Women 15 mg (22.4 IU)
- Children 4-11 mg (6-16.4 IU)

Sources

- Tofu
- Spinach
- Sunflower seeds
- Shrimp
- Trout
- Olive oil
- Papaya
- Cucumber
- Avocado
- Almonds

