



Vitamin E 400 IU

Nature's Harmony® Vitamin E provides 400 IU of d-alpha tocopherol, the most bioavailable form of vitamin E. This natural-sourced supplement is derived from vegetable oils. Vitamin E is a powerful antioxidant that helps maintain the strength and healthy functioning of the cell membrane.

PRODUCT CODE: 400558

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
An antioxidant for the maintenance of good health	Capsule	Take 1 capsule daily or as directed by a health care practitioner.

DESCRIPTION:

Vitamin E acts as an antioxidant that may be beneficial in the prevention of cancer, cataracts and cardiovascular disease. In addition, vitamin E may help balance cholesterol levels, be helpful for fibrocystic breast disease, prevent diabetic complications, and it may have value in the overall management of autoimmune disorders.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, green leafy vegetables, avocados, asparagus, tomatoes, berries.

Causes of Deficiency: Poor diet, Crohn's disease, celiac disease, cystic fibrosis.

Symptoms of Deficiency: Nerve damage, muscle weakness, poor coordination, hemolytic anemia, damage to the retina of the eye.

Complementary Nutrients: Other antioxidants, especially vitamin C and selenium. Vitamin E is necessary for the conversion of vitamin B12 to its most active form.

HOW IT WORKS:

Vitamin E is an essential nutrient for humans and is utilized by practically all our tissues. As the prime antioxidant in fatty tissue, this fat-soluble vitamin stabilizes and protects cell membranes from toxic substances such as heavy metals, chemicals, drugs, radiation and the body's free radical metabolites. Vitamin E works synergistically with the antioxidant selenium, it protects vitamins A and C from oxidation and it helps increase the level of powerful free radical scavengers.



DID YOU KNOW...

Because vitamin E prolongs the useful life of the body's cells through its antioxidant activity, it can thus maintain the functioning of our organs, slowing down the aging process and preventing premature aging.

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RESEARCH:

The efficacy of Vitamin E as an antioxidant that protects against cardiovascular disease is supported by significant scientific research findings. In a cohort of 87,000 nurses, all free from cardiovascular disease, there was a 34% reduction in coronary heart disease risk among those with the highest intake of vitamin E, after adjustment for variables such as age and smoking. Dietary intake alone did not show this significant reduction, but total intake (i.e., diet plus supplementation) did.

SIDE EFFECTS:

The risk of side effects with vitamin E is generally very low. Rarely, high doses may raise blood pressure.





INTERACTIONS AND SAFETY CONSIDERATIONS:

Individuals with hypothermia due to vitamin K deficiency should not use vitamin E supplements. Large doses of vitamin E may increase the anticoagulant response to warfarin (Coumadin) and promote bleeding. Other drugs that may interact negatively with vitamin E are cholestyramine, colestipol and mineral oil.

OTHER CONSIDERATIONS:

A high intake of polyunsaturated fats in the diet should be accompanied by increased vitamin E intake to prevent their oxidation.

LABEL:

 <p>Vitamine E 400 UI USP</p> <p>Antioxydant pour le maintien d'une bonne santé</p> <p>100 gélules NPN 80013070</p>	<p>Usage recommandé : Antioxydant pour le maintien d'une bonne santé. Dose recommandée : Prendre 1 gélule par jour.</p> <p>Ingrédients médicinaux (adultes) : Chaque gélule contient : Vitamine E (d-α-tocophérol)268 mg AT/400 UI</p> <p>Ingrédients non médicinaux : huile de fèves de soya, gélatine, glycérine.</p> <p>Information sur les risques : Consulter un praticien de soins de santé avant l'utilisation si vous avez le cancer, une maladie cardiovasculaire ou le diabète.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, sulfites, ni colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</p>	 <p>Vitamin E 400 IU USP</p> <p>An Antioxidant for the Maintenance of Good Health</p> <p>100 Softgels NPN 80013070</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN NE PAS UTILISER SI L'OPÉROULE INTÉRIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. © Commerce Central Acton, ON L7J 2K3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% / 0</p> <p>UPC CODE TO BE: 0 63007 06334 7</p> <p>00000 00000 0</p> <p>400538.01-405</p>
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