

# Perfect E



## DESCRIPTION

Perfect E features the complete family of vitamin E compounds. Until recently, most vitamin E supplements only contained alpha-tocopherol – one of the most active forms of vitamin E. But research has demonstrated the importance of consuming the entire family of vitamin E compounds.

## FUNCTIONS

Vitamin E is a collective name for a group of eight different compounds; alpha, beta, gamma and delta-tocopherol and alpha, beta, gamma and delta-tocotrienol. Until recently, research on vitamin E has focused on alpha-tocopherol but research shows that taking several different isomers of this vitamin is better than taking any singularly. In addition, high intakes of alpha-tocopherol can decrease tocotrienols in the body; hence the importance of taking both forms. Although alpha-tocopherol is well known as an antioxidant, tocotrienols have additional biochemical and physiological effects that benefit the body. As an example, unlike alpha-tocopherol, gamma-tocopherol has the ability to protect against nitrogen-based free radicals. This type of free radical plays an important role in diseases associated with chronic inflammation. Tocotrienols have been shown to support normal, healthy cholesterol level through its effect on HMG-CoA reductase enzyme. They have also been shown to support, normal blood clotting and normal, healthy cell growth.

## INDICATIONS

Vitamin E is an important nutrient derived from the diet. Perfect E provides a complete blend of vitamin E compounds that may be lacking in the diet or for those who wish to support normal, healthy cardiovascular health.

## FORMULA (VW #10250)

### 1 Softgel Capsule Contains:

Vitamin E .....	400 IU
(as d-alpha tocopherol)	
Mixed Tocopherols	
d-gamma tocopherol .....	400 mg
d-delta tocopherol .....	9 mg
d-beta tocopherol .....	7 mg
Tocotrienols (from palm)	
Gamma tocotrienol.....	19 mg
Delta tocotrienol.....	6 mg
Alpha tocotrienol.....	12 mg
Beta tocotrienol.....	1 mg
Other ingredients: gelatin, glycerin, and water. Contains soy.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## SUGGESTED USE

Adults take 1 softgel capsule daily with meals or as directed by a healthcare professional

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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