

Gamma E 400 Complex

Vitamin E with Powerful Tocotrienols



Source Naturals brings you a better way of life with breakthrough research in vitamin E, the second most-recommended daily supplement today after multivitamins. No doubt you've heard how important vitamin E is to your health, but did you know that *all vitamin E supplements are not alike?* The bottle many people grab is usually a type of vitamin E chemically known as d-alpha tocopherol. Yet vitamin E is actually a general name for a whole

family of compounds—and gamma E is gaining attention as a highly significant and potent form.

Only Source Naturals GAMMA E 400 COMPLEX contains all four natural tocopherol forms, supplying 400 mg of gamma E tocopherol, 200 IU of alpha tocopherol, plus 5 mg of all four tocotrienols. And it takes the whole family together as they naturally occur, to derive the synergistic benefits of this remarkable vitamin.



Vitamin E refers to eight related, lipid-soluble antioxidant compounds widely distributed in plants and especially in vegetable oils: the tocopherol sub-family (alpha-, beta-, gamma- and delta-) and tocotrienol sub-family (alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol and delta-tocotrienol). These vital antioxidants are effective against free radicals *inside* the cell because they are fat-soluble and can pass through the lipid layer of the cell membrane. The American diet is naturally high in gamma E tocopherol compared to alpha—and research now indicates there may be a good reason for this.

The Missing Link?

Since alpha tocopherol has historically been the major form sold, gamma tocopherol received little attention. But new research demonstrates that gamma-tocopherol may be the missing link to advanced cardiovascular protection. The combination of vitamin E tocopherols—particularly those with a high gamma-to-alpha ratio—is a more potent antioxidant than alpha-tocopherol alone.

Gamma-tocopherol protects against peroxynitrite free radicals and lipid peroxidative damage. Research has shown that gamma can inhibit cyclooxygenase (COX-2) activity, the production of irritating prostaglandin E₂, and protect against nitrogen-based free radicals as well as afford improved cardiovascular support.

Gamma has also been shown to support the activity of the alpha form as well as offer activity of its own—gamma supple-

mentation results in an *increase* in alpha tocopherol concentrations in the body, whereas taking alpha only may suppress or decrease tissue gamma tocopherol. The eight forms of E are wisely delivered in a base of sesame oil, which is naturally high in gamma tocopherol and other components, including restorative lignans.

Your Source of Advanced Nutrition

Epidemiological research and clinical trials have suggested that vitamin E can help maintain healthy blood sugar levels, support healthy cholesterol levels, provide positive effects on the growth and regulation of cells and tissues and even nerve transmission. Source Naturals GAMMA E 400 COMPLEX is the most advanced form of this essential vitamin. We are dedicated to bringing you the finest nutrients modern research has to offer and a better way of life through optimal nutrition and a healthy lifestyle. Make GAMMA-E 400 COMPLEX part of your health plan for more complete nutrition.

References

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- Jiang, Qing et al. 2001. Gamma-tocopherol, the major form of vitamin E in the US diet, deserves more attention. *American Journal of Clinical Nutrition*. 74:714-22.
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