



Gamma E
60 softgels,
 Item Catalog Number: 02070

The term “vitamin E” refers to a family of eight related, lipid-soluble, antioxidant compounds widely present in plants. The tocopherol and tocotrienol subfamilies are each composed of alpha, beta, gamma, and delta fractions having unique biological effects. Different ratios of these compounds are found in different parts of a plant. For example, the green parts of a plant contain mostly alpha tocopherol and the seed germ and bran contain mostly tocotrienols. Along with other nutrients, tocopherols and tocotrienols are concentrated in the bran layers of the rye grain, and are only present at low levels in the flour endosperm. Tocopherols are also present in algae, mint teas, and other foods.¹⁰²⁻¹⁰⁵

One or more members of the vitamin E family may:

- Maintain cell membrane integrity and reduce cellular aging¹⁰⁷⁻¹⁰⁹
- Act as a free radical scavenger¹¹⁰⁻¹¹⁴
- Maintain healthy platelet aggregation¹¹⁵⁻¹¹⁸
- Promote a healthy nervous system and retina of the eye¹¹⁹⁻¹²²
- Maintain healthy cognitive function¹²³⁻¹²⁸
- Enhance immune function¹²⁹⁻¹³³

According to a University of California study, alpha tocopherol (regular vitamin E) displaces critically important gamma tocopherol in the body. While alpha tocopherol inhibits free radical production, gamma tocopherol is required to trap and neutralize existing free radicals.¹³⁴

Prestigious scientific journals have highlighted **gamma tocopherol** as one of the most critically important forms of vitamin E for those seeking optimal health benefits. In fact, studies show the combination of alpha- and gamma-tocopherol supplementation appears to be superior to either supplementation alone on biomarkers of oxidative stress and on inflammatory factors.^{135,136}

Most commercial vitamin E supplements contain little, if any, **gamma tocopherol**. They instead rely on **alpha tocopherol** as the primary ingredient. However, it is gamma tocopherol (not the alpha form) that quenches **peroxynitrite**, the free radical that plays a major role in the development of **age-related decline**.¹³⁷

Tocotrienols have shown superior action in maintaining arterial health.¹⁴³⁻¹⁴⁶ In 2010, a team of Asian scientists

demonstrated that this class of nutrients, which are difficult to obtain in sufficient quantities through dietary sources alone, may provide superior support in maintaining triglyceride levels already within healthy range in aging individuals. Just 120 mg per day of gamma-delta tocotrienols (provided in 3-4 softgels) induced a **28% decline in triglyceride levels** in the blood after just one month.¹⁴⁷ This wonder nutrient is so effective because of its structure of double bonds in the isoprenoid side chain, making it a great scavenger of free radicals.¹⁴⁸

Research has shown that tocotrienols display potent **neuroprotective** properties and in particular alpha-tocotrienol is being touted as the most potent neuroprotective form of vitamin E.¹⁵⁰⁻¹⁵³

References

Supplement Facts

Serving Size 1 softgel

Amount Per Serving

Vitamin E (as D-alpha tocopherol) 45 IU

Gamma E mixed tocopherols 360 mg

Typical distribution:

Gamma tocopherol 178-244 mg

Delta tocopherol 65-98 mg

Alpha tocopherol 27-39 mg

Beta tocopherol <16 mg

Mixed tocotrienols/tocopherol complex 145 mg

Typical distribution:

Gamma tocotrienol 25-34 mg

Alpha tocotrienol 17-22 mg

Delta tocotrienol 10-15 mg

Beta tocotrienol 2 mg

Alpha tocopherol 13-19 mg

Other ingredients: gelatin, glycerin, medium chain triglycerides oil, purified water, sunflower oil, rosemary extract.

Non-GMO

Tocotrienols are extracted and concentrated from sustainably sourced Malaysian red palm oil.

Dosage and Use

- Take one (1) softgel once or twice daily with food, or as recommended by a healthcare practitioner.
- The natural separation of active ingredients may occur.

Caution

If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Warnings

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

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