

Gamma E Tocopherol with Sesame Lignans

60 softgels

Item Catalog Number: 00759

According to the Proceedings of the National Academy of Sciences, alpha tocopherol (regular vitamin E) displaces critically important gamma tocopherol in the cells.¹²¹ While alpha tocopherol inhibits free radical production, gamma tocopherol is required to trap and neutralize existing free radicals.¹²¹

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 shows 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.^{122,123}

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.¹²¹

SESAME LIGNANS: THE NATURAL VITAMIN E BOOSTER

Life Extension® has uncovered research suggesting that adding sesame lignans to gamma tocopherol may significantly enhance its beneficial effects.^{124,125} Sesame and its lignans have been shown to boost antioxidative activity in the tissues by elevating the levels of two antioxidative vitamins, vitamin C and E.¹²⁶

In a human study that combined gamma tocopherol with sesame lignans, gamma tocopherol/sesame was 25% more effective than gamma tocopherol/tocotrienols in suppressing tissue measurements for free radical and inflammatory damage.^{126a} Since tocotrienols are considered nature's most potent antioxidants, the fact that low-cost gamma tocopherol with sesame is more effective is a remarkable finding.

Life Extension has fortified the popular Gamma E Tocopherol supplement with standardized sesame lignans. Consumers obtain superior benefits at a much lower cost. This formula provides potent doses of gamma tocopherol along with sesame lignan extract to augment the antioxidant effects of gamma tocopherol.

References

Supplement Facts

Serving Size 1 softgel

Servings Per Container 60

Amount Per Serving

Vitamin E (as D-alpha tocopherol)	37.7 IU
Gamma E Mixed Tocopherols	359 mg
Typical profile:	
Gamma tocopherol	237 mg
Delta tocopherol	79 mg
Alpha tocopherol	36 mg
Beta tocopherol	3.6 mg
Sesame seed (<i>Sesamum indicum</i>) lignan extract	20 mg

Other ingredients: gelatin, glycerin, water, carob, lecithin, silica, rosemary.

Contains soybeans and peanuts.

Contains sesame. This product contains NO milk, egg, fish, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn or rice. Contains NO sugar, artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one softgel once or twice daily with food, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

Because Vitamin E inhibits blood clotting, consult your healthcare practitioner if you are taking anticoagulant drugs or have a bleeding disorder.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Vitamin E, Antioxidant, Free Radicals, Tocotrienols

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