

Gamma E Tocopherol/Tocotrienols

60 softgels

Item Catalog Number: 00559

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 peroxyntirite, the free radical that plays a major role in the development of age-related decline.¹²¹

Tocotrienols have shown superior action in maintaining arterial health.¹²⁷⁻¹²⁹ 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.¹³⁰

References

Supplement Facts

Serving Size 1 softgel

Servings Per Container 60

Amount Per Serving

Vitamin E (as D-alpha tocopherol) 46.4 IU

Gamma E Mixed Tocopherols 325 mg

Typical Distribution:

Gamma tocopherol 196.5-222.7 mg

Delta tocopherol 81.9-114.6 mg

Alpha tocopherol 16.4-32.7 mg

Beta tocopherol 0-6.6 mg

Tocomin® Full-Spectrum Natural Tocotrienol Complex 145 mg

Typical Distribution:

Gamma tocotrienol 29.1-35 mg

Delta tocotrienol 8-10.2 mg

Alpha tocotrienol 16-20.4 mg

Beta tocotrienol 2.2 mg

Alpha tocopherol 14.6-20.4 mg

Other ingredients: gelatin, glycerin, water, rosemary extract.

Contains soybeans and peanuts. This product contains NO milk, egg, fish, crustacean shellfish, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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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

If you are taking anti-clotting medication, consult with your doctor before taking vitamin E. Ingestion of total vitamin E products in excess of 1200 IU daily may interfere with absorption and metabolism of vitamins A and K.

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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