

Nutri-E 400™ Forte
With Gamma-Tocopherol**DESCRIPTION**

Nutri E-400™ Forte by Douglas Laboratories® contains 400 I.U. of 100% natural, unesterified vitamin E (d-alpha-tocopherol), as well as a guaranteed minimum of the d-beta, d-gamma and d-delta tocopherols. No synthetic vitamin E is used.

FUNCTIONS

Vitamin E is the collective term, including four fat-soluble, natural compounds with similar chemical structure; alpha-, beta-, gamma-, and delta-tocopherol. Of these, alpha-tocopherol has the highest nutritional activity. Eight structural isomers of alpha-tocopherol are possible, but only the d-alpha-tocopherol (RRR-alpha-tocopherol) occurs in nature. The other seven isomers have less nutritional activity and are present only in synthetic vitamin E (dl-alpha-tocopherol). Douglas Laboratories' Nutri E-400™ Forte softgels contain only natural isomers of vitamin E, including d-alpha, d-beta, d-gamma, and d-delta tocopherols.

While the d-alpha isomer is the most well-known form of vitamin E, scientific evidence indicates that gamma-tocopherol may possess unique, distinguishable features. This tocopherol is the major form of vitamin E in seeds and in the US diet, though has not been studied as broadly as has alpha-tocopherol. Numerous studies have shown gamma-tocopherol to have excellent antioxidant abilities that complements the antioxidant ability of alpha-tocopherol. Additionally, some studies have shown that high dose supplementation of alpha-tocopherols can deplete both plasma and tissue levels of gamma-tocopherol in the body. †

Vitamin E is one of the body's most important antioxidant nutrients. Antioxidants protect healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental sources. Free radicals are necessary for energy metabolism and immune function, but when an excessive number of free radicals are formed they can attack healthy cells, especially cell membrane lipids and proteins. Vitamin E is an especially valuable antioxidant in the cell membranes, where it prevents oxidation of unsaturated fatty acids by trapping free radicals. This helps stabilize and protect cell membranes, especially red blood cells and tissues sensitive to oxidation, such as the lungs, eyes and arteries. Vitamin E also supports the liver and other physiological processes. Related to its antioxidant properties, vitamin E is important for normal immune function.

Nutri E-400™ Forte contains natural mixed tocopherols with a minimum guaranteed amount of the d-beta, d-gamma and d-delta tocopherols. Studies have shown that these natural isomers may have added synergistic effects in conjunction with the more commonly used d-alpha tocopherol.

INDICATIONS

Nutri E-400™ Forte may be a useful dietary supplement for individuals wishing to supplement their diet with vitamin E.

FORMULA (#98540)

Each Softgel Contains:

Vitamin E..... 268 mg
(as d-Alpha tocopherol)

Mixed tocopherols providing a minimum of:

Gamma-tocopherol..... 280 mg
Beta and Delta tocopherols
..... 40 mg

Nutri-E 400™ Forte
With Gamma-Tocopherol
SUGGESTED USE

Adults take one softgel with meals or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side 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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† 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.

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