



VitaTrienols

What Is It?

Tocopherols and tocotrienols are widely recognized, highly complementary antioxidants of the vitamin E family. Tocopherols and tocotrienols each consist of four bioactive isomers, namely alpha, beta, gamma and delta. The scientific data on each of these isomers has revealed similar as well as distinct physiological properties, making their activities synergistic. Natural full-spectrum VitaTrienols contains a comprehensive profile of mixed tocotrienols and mixed tocopherols providing all eight bioactive isomers. VitaTrienols provides broad range support for lipid metabolism, cardiovascular health, prostate health, breast cell health, skin health and nervous system antioxidant protection.*

Features Include

- Contains all 8 bioactive isomers.
- Gamma-tocopherol to alpha-tocopherol ratio of 3:1, mimicking the 2.5:1 to 4:1 ratio found in nature.
- Mixed tocotrienols at 25 mg per capsule, mimicking the 20–40mg found naturally in palm fruits.

Uses For VitaTrienols

Breast and Prostate Support: Both alpha and gamma tocopherol offer important antioxidant support for prostate health, though gamma tocopherol is believed to be more potent. In addition, scientists from the United Kingdom, Canada, Malaysia and the U.S. indicate that tocotrienols, especially, the delta and gamma fractions, provide high capacity support for breast cell health, in part by maintaining healthy gene expression.*

Cardiac Support: In a recent study, mixed tocopherols supported healthy platelet function, nitric oxide metabolism, and superoxide dismutase activity more so than alpha tocopherol alone. Mixed tocopherols also appear to protect from lipid peroxidation to a greater degree than alpha tocopherol. Tocotrienols also help

protect cell membranes from lipid peroxidation and are believed to be more supportive of lipid metabolism than tocopherols. A number of independent research centers in China, Australia and India reveal that dietary palm oil, the richest source of tocotrienols, supports healthy lipid metabolism. One proposed mechanism for this involves the ability of tocotrienols to maintain healthy lipid production and enzyme activity in the liver.*

Cognitive Function: The vitamin E family, including tocotrienols, have been reported to support healthy neurological function. The National Institute of Health has funded a study at the Ohio State University Medical Center investigating the role of alpha tocotrienol on nervous system health. Current findings suggest that alpha tocotrienol is several fold more powerful than alpha tocopherol in providing neuron cell antioxidant protection. Earlier studies also indicate that alpha tocotrienol might play a promising role in maintaining healthy glutamate activity in the brain.*

Skin Health Support: Together, vitamin E and tocotrienols support healthy skin by boosting antioxidant defense, maintaining DNA integrity, and promoting smoothness.*

What Is The Source?

Tocomin® Full Spectrum Tocotrienol Complex, a naturally occurring mixture of tocopherols and tocotrienols, is extracted and concentrated from palm fruits (*Elaeis guineensis*). Tocomin® Full Spectrum Tocotrienol Complex is a registered trademark of Carotech Inc. and protected by U.S. Patent 5,157, 132. Natural vitamin E added to this formula is derived from soy.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

In rare cases, vitamin E supplementation has been associated with dizziness, fatigue, headache, weakness, blurred vision, abdominal pain, diarrhea, nausea or flu-like symptoms. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

VitaTrienols contains vitamin E, which may react with blood thinning and other heart medications. Consult your physician for more information.

VitaTrienols

each softgel capsule contains

natural vitamin E (mixed tocopherols)	364 mg.
providing (typical):	
d-alpha tocopherol	67 mg. (100 i.u.)
d-beta tocopherol	10 mg.
d-gamma tocopherol	200 mg.
d-delta tocopherol	53 mg.
full spectrum palm tocotrienol complex	
(Elaeis guineensis) (fruit)	50 mg.
(standardized to contain 50% total tocotrienols/tocopherols)	25 mg.
providing (typical):	
d-alpha tocopherol	5.8 mg. (9 i.u.)
d-alpha tocotrienol	5.8 mg.
d-beta tocotrienol	0.75 mg.
d-gamma tocotrienol	10.5 mg.
d-delta tocotrienol	2.75 mg.
plant squalene	5 mg.
phytosterol complex	1.75 mg.
other ingredients: palm fruit oil, soybean oil, gelatin capsule	
1-2 capsules per day, in divided doses, with meals.	