The Vitamin E Story

Vitamin E is not a single nutrient, but rather a complex made up of eight distinct compounds: four tocopherols and four tocotrienols. These components have slightly different chemical structures, and these differences impart unique properties that influence their biochemical functions and their effects in the body. Most conventional supplements are typically rich in tocopherols — alpha-tocopherol, in particular — but the tocotrienol fractions have unique effects across a variety of tissues that make them desirable to supplement on their own, without tocopherols.

Rich sources of vitamin E include whole grains, such as wheat (especially wheat germ), rice, barley, oats, corn, select leafy green vegetables, and palm fruit. Most of these foods, however, are higher in tocopherols than tocotrienols.

The richest known source of naturally occurring tocotrienols is annatto, derived from the seeds of a tree native to Latin America. Annatto is virtually free of tocopherols and contains nearly 100% tocotrienols, all in the most potent forms. The tocotrienols in this product are sourced from annatto, so they're exclusively tocotrienols.

Benefits of Tocotrienols

Tocotrienols have shown impressive effects in supporting cardiovascular health, particularly in regard to supporting healthy cholesterol and triglyceride metabolism. They may also be beneficial for promoting a healthy inflammatory response. Tocotrienols also support healthy blood pressure in relation to their support of healthy blood vessel function.*

Owing to their promotion of normal blood lipid metabolism, tocotrienols may be beneficial for metabolic support related to blood glucose and insulin metabolism. New research also suggests tocotrienols may be a valuable addition to the supplement regimens of those who need nutritional support for strong, healthy bones.*

Perhaps the best-known role for the vitamin E complex is that of an antioxidant. Tocopherols have antioxidant effects, but tocotrienols are more potent at protecting against cellular damage from harmful free radicals.

The powerful antioxidant function of tocotrienols has been demonstrated in studies of skin and eye health, where damage from oxidation can lead to premature aging of the skin and compromised visual acuity. Abnormal growth of blood vessels in the eyes can also lead to problems with vision. Tocotrienols have been shown to help reduce this issue.*

Why No Tocopherols?

Supplements claiming to contain vitamin E are often only alphatocopherol. Although alpha-tocopherol has beneficial effects of its own, it has been shown to interfere with the positive effects of tocotrienols, which also inhibits absorption of tocotrienols and causes them to break down faster. For this reason, it is best to take tocotrienols independently of any other supplements that contain alpha-tocopherol, and it is recommended to separate tocotrienol and tocopherol supplementation by at least 6 hours.

Best Life
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Tocotrienols may be beneficial for*:

- Supporting a healthy Inflammatory response
- Cell protection
- Improving antioxidant status
- Supporting healthy cholesterol metabolism
- Eye and bone health

Recommended Use:
Take one softgel per day, or as directed by your health-care practitioner.

To contact Best Life Functional Medicine please call 937-504-1978 or email hello@bestlifefunctionalmedicine.com

Consult with your health-care practitioner about your specific circumstances and any questions you may have.