



Vitamin E 400 IU

營多斯® 維他命E 400IU

Strong Antioxidant

Vitamin E is a very effective chain-breaking, fat-soluble antioxidant present in the membrane of all cells. The natural form of vitamin E is called d-Alpha tocopherol, while the most commonly used form of vitamin E is the synthetic form called dl-Alpha tocopherol. Vitamin E protects polyunsaturated fatty acids in membranes and other critical cellular structures from free radicals and products of oxidation.^[1]

Damaging Free Radicals

Free radicals from the environment or generated within the body can cause cell damage that may accelerate aging and lead to the development of oxidative stress-related diseases, which include cancers and cardiovascular diseases.^[2] Anti-oxidants that reside in biomembranes could effectively protect against oxidative membrane damage and resultant age-related deterioration, thus keeping our skin, heart and circulation, nerves, brain, muscles and red blood cells healthy.^[3-8]

Ultraviolet Radiation on Skin

Intracellular and extracellular oxidative stress initiated by reactive oxygen species (ROS) advance skin aging, which is characterized by wrinkles and atypical pigmentation.^[4] Ultraviolet (UV) radiation accelerates ROS generation in cells. Researches revealed that vitamin E can scavenge ROS also suppress dark pigment production.^[4] Supply

antioxidants through dietary methods are thought to provide continual whole body protection.^[9] When it is taken together with vitamin C supplement, photoprotective effect of vitamin E could be further enhanced.^[9] Together they can provide skin whitening effect and promotes collagen formation to retain resilience.^[4]

Aging vision

The lens in the eye must be clear for the retina to receive a sharp image. As people get older, it is normal for their vision to change. One example of eye disorder is cataract. Cataracts are a gradual clouding of the natural lens of the eye, preventing light from reaching the retina.^[10] Most cataracts are related to aging, increasing the risk of disability and blindness in older people. However, there are steps you can take to preserve your eyesight and improve your vision. Evidence suggested Vitamin E may delay cataract progression.^[1,11]

Low Fat Intake affects Vitamin E Status

As a fat-soluble vitamin, vitamin E requires fat in order for the digestive system to absorb it. Vitamin E deficiency is likely to occur under certain specific situations where fat is not properly digested or absorbed. Vitamin E deficiency is usually characterized by neurological problems and muscle damage characterized by sensory loss, muscle weakness, loss of body control and vision problems.^[12,13] Supplementation above the recommended levels, especially in the aged, has been shown to increase resistance against pathogens.^[14]

Actions of Vitamin E ^[1,15,16]

- ★ Reduce oxidative damage
- ★ Protect against cell damage
- ★ Maintain good health
- ★ Improve immune function
- ★ Improve glucose utilization

Recommended daily dose:

Adults take 1 softgel capsule daily or as recommended by physicians.

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