



# Bio-home Vitamin E 400IU Softgel Capsules 維他命E400



 **Antioxidant Supplement**  
抗氧化補充品



## 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.<sup>[1]</sup>

## 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 issues.<sup>[2]</sup> 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.<sup>[3-8]</sup>

## 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.<sup>[4]</sup> Ultraviolet (UV) radiation accelerates ROS generation in cells. Researches revealed that vitamin E can scavenge ROS also suppress dark pigment production.<sup>[4]</sup> Supply antioxidants through dietary methods are thought to provide continual whole body protection.<sup>[9]</sup> When it is taken together with vitamin C supplement, photoprotective effect of vitamin E could be further enhanced.<sup>[9]</sup> Together they can provide skin whitening effect and promotes collagen formation to retain resilience.<sup>[4]</sup>

## 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.<sup>[10]</sup> Cataracts could increase 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 eye ageing.<sup>[1,11]</sup>

## 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.<sup>[12,13]</sup> Supplementation above the recommended levels, especially in the aged, has been shown to increase resistance against pathogens.<sup>[14]</sup>

## Actions of Vitamin E <sup>[1,15,16]</sup>

- 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.

## Reference:

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