

Vitamin E 250 IU 100 Capsules

EAN: 5055148400033 FABRICANTE: LAMBERTS



Natural Vitamin E 250 IU (168 mg) in natural form d-alpha tocopherol.

DESCRIPTION

Natural vitamin E (d-alpha-tocopherol) is twice as potent as its synthetic counterpart (dl-alpha tocopherol) and has been hailed by many researchers as one of the most important dietary antioxidants known to man. Vitamin E protects every cell in the body against oxidative stress caused by reactive compounds called "free radicals," and these protective properties have put vitamin E at the center of worldwide research.

LAMBERTS® supplies vitamin E in its natural d-alpha tocopherol form, as this is the form in which it occurs in foods. Research shows that natural vitamin E has superior biological activity and is more easily absorbed and retained in the body than synthetic vitamin E. The synthetic form is called dl-alpha tocopherol, and is the cheapest and most common form used in many vitamin E products.

The vitamin E used in Lamberts® products is obtained naturally from vegetable oil and in our products it is standardized to d-alpha tocopherol, but other tocopherols are present.

This vitamin, like other fat-soluble nutrients, can be measured in micrograms (μg) or in International Units (IU). *1 mg of D-Alpha Tocopherol = 1.49 IU*

There are scientific studies that indicate that it can help maintain heart health by preventing polyunsaturated fats in the body from being converted by oxidation into saturated fats, thereby protecting all membranes, including those of the lungs and blood vessels.

LAMBERTS® Vitamin E is manufactured in the UK in facilities operating under strict GMP pharmaceutical manufacturing standards. Our Vitamin E is extracted from a natural vegetable oil and supplied in gelatine-free capsules.

Soft capsule.

Each capsule provides:

Vitamin E (in the natural d-alpha form) 168 mg (250 IU) α -TE



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Disintegration time:

Less than 30 minutes.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

Hypertensive people who supplement with vitamin E should start at a low amount of IU (international units) and gradually increase the amount under the supervision of a health care professional. Those who use prescription blood thinners (anticoagulants) or aspirin should consult their doctor before using vitamin E supplements.

Do not take by pregnant or breastfeeding women.

Instructions for use

Take 1 to 2 capsules daily with a meal.

