

## Vitamin E 400 IU 60 Capsules

EAN: 5055148400040

FABRICANTE: LAMBERTS



*Natural Vitamin E as d-alpha tocopherol for the protection of cells against oxidative damage.*

### DESCRIPTION

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 ( $\mu\text{g}$ ) or in International Units (IU). *1 mg of D-Alpha Tocopherol = 1.49 IU*

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.

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.

Vitamin E is also found in vegetable oils, nuts and seeds (such as almonds and sunflower seeds), green leafy vegetables, and whole grains.

Soft capsule.

### Each capsule provides:

Vitamin E (in the natural d-alpha form)

268 mg (400 IU)  $\alpha$ -TE

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121  
<https://bio-farma.es/buy/f/lamberts/vitamin-e-400-iu-60-capsules>



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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 medications to thin the blood (anticoagulants) or aspirin should consult their doctor before using vitamin E supplements.

### Instructions for use

Take 1 capsule daily with a meal.

