



ANNATTO-E™ 150 & ANNATTO-E™ 300

NATURAL SUPPORT FOR ANTIOXIDANT STATUS

ANNATTO-E™ 150 | 30 SOFTGELS | NPN80093334 | ANT150-CN
ANNATTO-E™ 300 | 30 SOFTGELS | NPN80096032 | ANT300-CN

THE VITAMIN E STORY

Vitamin E is not a single nutrient, but rather a complex made up of 8 distinct compounds: 4 tocopherols and 4 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 and 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

Perhaps the best known role for the vitamin E complex is as an antioxidant. Tocopherols have antioxidant effects, but tocotrienols are also protectors 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 vision problems.

WHY NO TOCOPHEROLS?

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

Tocotrienols may be beneficial for cell protection & improving antioxidant status

Recommended Dose: Adults: Take one softgel per day, or as directed by your health care practitioner. Consult with your healthcare practitioner about your specific circumstances and any questions you may have.