

# Non-GMO Vitamin E

## Highly Bioavailable Form



Free radical protection is important to overall sustained good health. Source Naturals® Non-GMO Vitamin E supports free radical protection with a premium, bioactive form of vitamin E sourced from non-GMO plants. Vitamin E is an important antioxidant. It helps protect the body's cells against free radical damage, including cell membranes and tissues that are composed of or protected by lipids. Vitamin E plays a supportive role in maintaining both skeletal and smooth muscle, and supports the synthesis and maintenance of red blood cells, and enzyme activity.\*

Source Naturals Non-GMO Vitamin E is comprised of *d-alpha* tocopherol, the most bioactive form of vitamin E. It is provided at 1,333 percent of the recommended daily value for enhanced health benefits. This form of E is esterified, so it is more stable and it protects against premature oxidation, which can diminish its effectiveness in the body.

Source Naturals has validated that all ingredients in this product are non-GMO.\*



*Strategies for Wellness* <sup>SM</sup>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Vitamin E

Vitamin E was discovered in the 1920s and was isolated in pure form in the 1930s, when it was derived from wheat germ.\*

Eight types of Vitamin E have been discovered and they are identified by Greek prefixes (*alpha*, *beta*, *gamma*, and *delta*) according to their biochemical makeup and the placement of methyl groups in their chemical structures. The type in our formula, *d-alpha*-tocopherol, has been shown in studies to be the most beneficial to human health.\*

### Oxidation and Free Radicals

In the natural course of living, molecules become oxidized through such processes as energy generation or respiration. Through oxidation, molecules lose one or more electrons in their outer shells, thereby becoming unstable molecules called free radicals. Free radicals search for other molecules to regain the missing electron, damaging healthy, unoxidized molecules in the process.\*

While a healthy diet can help the body maintain a healthy oxidation balance, many aspects of modern life, such as pollutants, excess sunlight, unnatural foods, and chemical toxins can result in excess free radicals that can throw the body's delicate balance off kilter. This damage can become a chain reaction of oxidation if the free radicals aren't stopped and can lead to future health challenges. Antioxidant supplements can help restore the body's balance.\*

### Benefits of the Vitamin E Antioxidant

Not all antioxidants are fat-soluble. Vitamin E is tremendously important because it is fat-soluble, so it can reside in the fats of your body. Fats, also known as lipids, are important to body function and comprise parts of cell membranes, neurons, the brain, and other important organs. By protecting these important areas with a fat-soluble antioxidant, the entire body benefits.\*



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