



Strong and natural Vitamin E

What is Bio-E-Vitamin?

Bio-E-Vitamin is a strong vitamin preparation. It consists of clear, soft gelatin capsules with purified soybean oil, and natural d- α -tocopherol. Each capsule contains approx. 350 mg/525 IU. As with other fat-soluble vitamins Bio-E-Vitamin should be ingested with a meal.

Pregnancy

Bio-E-Vitamin may be used by pregnant and lactating women.

What is vitamin E?

Vitamin E is a natural, lipid-soluble vitamin of vegetable origin. Vitamin E is comprised by a group of lipid-soluble substances that are divided in tocopherols and tocotrienols. Vitamin E is primarily found in foods that contain fat. The two most prevalent types of vitamin E are alpha-tocopherol and beta tocopherol. Alpha-tocopherol is the most effective form of vitamin E. The body seems to have a penchant for alpha-tocopherol, which is the only form with a specific transport protein.

Vitamin pills typically contain either dl-alpha-tocopherol or d-alpha-tocopherol, and the latter is the nature-identical form of the vitamin.

Absorption and effects of vitamin E

Vitamin E is absorbed in the small intestine along with fat. The absorption is incomplete. With ingestion of large quantities of vitamin E, absorption decreases. People with reduced lipid absorption also have lower absorption of vitamin E from the small intestine. When we eat various forms of vitamin E, the liver sort them out and sends back alpha-tocopherol into the blood, whereas the types which are not alpha-tocopherol are metabolized and excreted.



Bio-E-Vitamin

1 capsules contains

Vitamin E (d-alpha-tocopherol) 350 mg a-TE 2917%

RDA*

2917%

Ingredients

d-a-tocopherol, soybean oil, gelatin, glycerol.
Bio-Vitamin contains certified GMO-free natural vitamin E.

* RDA = Recommended Daily Allowance

Dosage

1 capsule daily, unless otherwise advised.
Do not exceed the recommended daily dosage.
Do not chew the capsule but swallow it whole, preferably during/after a meal.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

Dietary supplements should not replace a varied diet.
A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Protects against oxidative stress

Vitamin E is carried around in the body in the same way as fat (bound to lipoproteins) and distributed to most tissues. The physiological effect of vitamin E is thought to be related to its role as an antioxidant where the nutrient inhibits the oxidation of unsaturated fatty acids. Vitamin E supports the protection of the body's cells against oxidative stress. The need for vitamin E is proportionally related to the intake of poly-unsaturated fatty acids.

Excretion of vitamin E

Vitamin E is most probably excreted with bile and, subsequently, with feces. Vitamin E may enter breast milk but only enters the placenta with great difficulty.

Milligrams and international units

Vitamin is measured in milligrams (mg) and international units (IU).

1 mg of d-alpha-tocopherol = 1.49 IU

Natural vitamin E sources

Vitamin E is primarily found in vegetable foods. However, liver contains quite a lot of vitamin E. Other natural vitamin E sources include foods like:

- Fats
- Eggs
- Oily fish
- Corn products
- Cheese
- Milk



Deep-freezing causes the vitamin E content in food to lose its effect.

Caution required

Bio-E-Vitamin should not be used with conditions that resemble vitamin K deficiency. Neither should the product be taken in the case of peanut allergy, soy allergy, or allergy towards the active ingredient or one or several of the ingredients. Large doses of vitamin E may increase bleeding time and should therefore not be taken 2 weeks prior to and after surgery.

 **Pharma Nord**