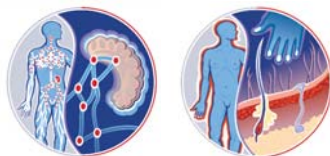




Dry Formula Vitamin E 400 IU plus Selenium

Quest Dry Formula Vitamin E 400 IU is a high-quality vitamin E supplement that contains d-alpha-tocopherol and Selenium. Vitamin E protects the brain, nerves, muscles, heart, arteries, glands, reproductive system, and digestive organs from oxidative damage throughout life. Vitamin E also protects the lungs against damage from air pollution and cells from damage by toxic chemicals in food and water.



PRODUCT CODES: 338386

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Antioxidant	Capsules	Adults take 1 capsule daily, or as directed by health care practitioner.

DESCRIPTION:

Each capsule of Quest Dry Formula Vitamin E 400 IU plus Selenium contains 400 IU of vitamin E (d-alpha-tocopherol succinate) and 50 mcg of selenium (L-selenomethionine). This product does not contain corn, dairy, egg, gluten, shellfish or sulfites or artificial colours, flavours or preservatives.

Recommended Daily Allowance: Dosages for vitamin E and selenium vary, depending on age.

Food Sources:
Vitamin E: Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, green leafy vegetables, avocados, asparagus, tomatoes, berries.
Selenium: Depends on the selenium content of the soil. Meat, organ meat, whole grains.

Causes of Deficiency:
Vitamin E: Poor diet, Crohn's disease, celiac disease, cystic fibrosis.
Selenium: Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs.

Symptoms of Deficiency:
Vitamin E: Nerve damage, muscle weakness, poor coordination, hemolytic anemia, damage to the retina of the eye.
Selenium: Increased risk of cancer, heart disease, and low immune function.

Complementary Nutrients:
Vitamin E: Vitamin C. Vitamin E is necessary for the conversion of vitamin B12 to its most active form.
Selenium: Other antioxidant nutrients.

HOW IT WORKS:

Vitamin E: Vitamin E is utilized by practically all our tissues. As the prime antioxidant in fatty tissue, it stabilizes and protects cell membranes from toxic substances such as heavy metals, chemicals, drugs, radiation, and the body's free radical metabolites. Vitamin E works synergistically with the antioxidant selenium, it protects vitamin A and C from oxidation and it helps increase the level of the powerful free radical scavenger superoxide dismutase.

Selenium: Selenium is a trace mineral that acts primarily as a component of the antioxidant enzyme glutathione peroxidase, which works with vitamin E in preventing free radical damage to cell membranes.



DID YOU KNOW...

The dry form of vitamin E, succinate, is helpful for individuals who have a problem with fat malabsorption. Because vitamin E prolongs the useful life of the body's cells through its antioxidant activity, it can thus maintain the functioning of our organs, slowing down the aging process and preventing premature aging.

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RESEARCH:

The efficacy of Vitamin E as an antioxidant that protects against cardiovascular disease is supported by significant research findings. In a cohort of 87,000 nurses, all free from cardiovascular disease, there was a 34% reduction in coronary heart disease risk among those with the highest intake of vitamin E, after adjustment for variables such as age and smoking. Dietary intake alone did not show this significant reduction, but total intake (i.e. diet plus supplementation) did.

SIDE EFFECTS:

At recommended dosages, the risk of side effects is very low.



INTERACTIONS AND SAFETY CONSIDERATIONS:

Very high doses of vitamin E may increase the risk of hemorrhage in susceptible individuals. May exacerbate hypertension and hypothyroidism if doses are increased too rapidly and if susceptible individuals use over 400 IU per day. Selenium toxicity is associated with hair loss, muscle discomfort, dermatitis, nausea, and fatigue. Do not use over 200 mcg per day of selenium.

OTHER CONSIDERATIONS:

A high intake of polyunsaturated fats in the diet should be accompanied by increased vitamin E intake to prevent their oxidation. Consult a health care practitioner prior to use if you have cancer, cardiovascular disease or diabetes. For adult use only.

LABEL:

 <p>QUEST LONGÉVITÉ</p> <p>Vitamine E sèche 400 UI plus sélénium</p> <p>NPN 00640816</p> <p>90 capsules</p> <p>Antioxydant pour le maintien d'une bonne santé</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> <p>SUPÉRIEURE QUALITÉ ASSURÉE</p>	<p>Usage recommandé : Antioxydant pour le maintien d'une bonne santé.</p> <p>Dose recommandée (adultes) : Prendre 1 capsule par jour.</p> <p>Ingédients médicinaux : Chaque capsule contient : Vitamine E (succinate de d-α-tocophéryle) ...288 mg AT/400 UI Sélénium (L-sélénométhionine)...50 mcg</p> <p>Ingédients non médicinaux : stéarate de magnésium, dioxyde de silicium, gélatine.</p> <p>Information sur les risques : Pour adultes seulement. Consulter un praticien de soins de santé avant d'en faire l'usage si vous avez le cancer, une maladie cardiovasculaire ou le diabète.</p> <p>Ce produit ne contient aucun mais, ingrédients laitiers, œuf, gluten, crustacés, sulfites ou blé.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</p>	 <p>QUEST LONGEVITY</p> <p>Dry Vitamin E 400 IU plus selenium</p> <p>NPN 00640816</p> <p>90 capsules</p> <p>An antioxidant for the maintenance of good health</p> <p>No artificial colours, flavours or preservatives</p> <p>PREMIUM QUALITY ASSURED</p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2X3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% UPC CODE TO BE: 0 58371 21324 6</p> <p>338386 01-04</p>
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