



Vitamin E 800 IU

Quest Natural Ratio Vitamin E 800 IU is a high-quality vitamin E supplement that contains not only d-alpha-tocopherol, but also beta, gamma, and delta tocopherols in the ratio that occurs in nature. 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 CODE: 338388

HEALTH SOLUTIONS:

| RECOMMENDED USE | DOSAGE FORM | RECOMMENDATIONS |
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| Antioxidant and to offset vitamin E deficiency. | Softgels | Adults take 1 softgel daily, or as directed by health care practitioner. |

DESCRIPTION:

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| Each softgel of Natural Ratio Vitamin E 800 IU contains 800 IU of vitamin E (d-alpha-tocopherol, d-beta-tocopherol, d-gamma-tocopherol, d-delta-tocopherol), distilled from fresh soybean oil. This product contains no artificial preservatives, colours, flavours, or added sugar, starch, milk products, yeast, gluten, or salt. | |
| Recommended Daily Allowance: | Varies, depending on age. |
| Food Sources: | Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, green leafy vegetables, avocados, asparagus, tomatoes, berries. |
| Causes of Deficiency: | Poor diet, Crohn's disease, celiac disease, cystic fibrosis. |
| Symptoms of Deficiency: | Nerve damage, muscle weakness, poor coordination, hemolytic anemia, damage to the retina of the eye. |
| Complementary Nutrients: | Other antioxidants, especially vitamin C and selenium. |

HOW IT WORKS:

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| 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 vitamins A and C from oxidation and it helps increase the level of the powerful free radical scavenger superoxide dismutase. |
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DID YOU KNOW...

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's power as an antioxidant is supported by significant scientific research, in particular, as protection against cardiovascular disease. In a cohort of 87,000 nurses, all free of 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 (diet plus supplementation) did.

SIDE EFFECTS:

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







INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have hypertension or hypothyroidism. Very high doses of vitamin E may increase the risk of hemorrhage in susceptible individuals.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if pregnant or breastfeeding. Keep out of reach of children.

LABEL:

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|  <p>LONGÉVITÉ</p> <p>Vitamine E 800 UI</p> <p>avec tocophérols mixtes de source naturelle</p> <p>NPN 02243440</p> <p>80 gélules</p> <p>Un antioxydant pour le maintien d'une bonne santé</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p>  | <p>Usage recommandé : Un facteur dans le maintien d'une bonne santé. Aide à prévenir une carence en vitamine E.</p> <p>Dose Recommandée (adultes) : Prendre 1 gélule par jour, ou selon l'avis d'un praticien de soins de santé.</p> <p>Ingrédients médicinaux : Chaque gélule contient: Vitamine E* (d-alpha tocophérol) 536 mg AT/800 UI</p> <p>Ingrédients non médicinaux : tocophérols* (bêta, delta, gamma), gélatine, glycérine. * dérivé d'huile de fèves de soya.</p> <p>Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants ou si vous avez le cancer, une maladie cardiovasculaire ou le diabète.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés ou sulfites.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.</p> |  <p>LONGEVITY</p> <p>Vitamin E 800 IU</p> <p>with naturally-sourced mixed tocopherols</p> <p>NPN 02243440</p> <p>80 softgels</p> <p>An antioxidant for the maintenance of good health</p> <p>No artificial colours, flavours or preservatives</p>  | <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAL 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 2K3</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 21289 7</p> <p>31831888 01 003</p> |
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