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Gamma E Tocopherol with Sesame Lignans
60 softgels
Item Catalog Number: 759

The primary purpose of supplementing with vitamin E is to suppress damaging free radicals. Scientific studies have identified the gamma-tocopherol form of vitamin E as being critical to human health.*

Research shows that sesame lignans increase gamma-tocopherol levels in the body while reducing free radical damage.126 In response to these findings, Life Extension has reformulated the popular Gamma E Tocopherol supplement to replace tocotrienols with sesame lignans.

This formula provides more gamma-tocopherol than the previous version, and it is fortified with standardized sesame lignans to augment the antioxidant effects of gamma-tocopherol.

References

Supplement Facts

Serving Size 1 softgel	
Servings Per Container 60	
Amount Per Serving	
Vitamin E (as D-alpha tocopherol)	26.9 IU
Gamma E Mixed Tocopherols	359 mg
Typical distribution:	
Gamma tocopherol	215.5-244.2 mg
Delta tocopherol	89.8-125.7 mg
Alpha tocopherol	18-35.9 mg
Beta tocopherol	0-7.2 mg
Sesame seed (*Sesamum indicum*) lignan extract	20 mg

Other ingredients: gelatin, glycerin, water, carob, rosemary extract.

Contains soybeans and peanuts. Contains sesame. This product contains NO milk, egg, fish, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one softgel once or twice daily with food, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

Because Vitamin E inhibits blood clotting, consult your healthcare practitioner if you are taking anticoagulant drugs or have a bleeding disorder.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Vitamin E, Antioxidant, Free Radicals, Tocotrienols