



## VITAMIN E 100 IU

UPC CODE 0 646420 2028 4

NPN # 00122823

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### NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

#### Jamieson Vitamin E 100 IU is approved for the following NHPD claims:

- An antioxidant for the maintenance of good health.

### GENERAL INFORMATION

Vitamin E is the name commonly used for the tocopherol and tocotrienol derivatives having vitamin E activity. Vitamin E's principal role in the body is that of a powerful antioxidant. It protects polyunsaturated fatty acids, proteins and other oxidants from oxidation.

Vitamin E prevents the oxidation of: polyunsaturated fatty acids (PUFAs), which are found predominantly in cell membranes; and low-density lipoprotein (LDL) cholesterol, which is circulated in the blood, by lipid peroxides. Lipid peroxides are generated through the normal process of metabolism and are highly reactive molecules that can damage cells and tissues when generated in excess. Free radicals formed during oxidative metabolism are very unstable and have an ultimate need to steal electrons from other molecules, including coenzymes, proteins, and vitamins, setting off a chain reaction. Vitamin E traps peroxy free radicals and breaks the free radical chain reaction. It donates electrons to the unstable free radicals to quench them, and becomes a free radical itself. The free radical formed in this process may then react with vitamin A or C to be regenerated, recycled back to its antioxidant state and used again, or it can be excreted in the bile.

Vitamin E helps protect vitamins A and C from oxidation. Vitamins E, C and beta-carotene are commonly referred to as the 'antioxidant vitamins', as they not only ward off oxidative damage, they may work together to enhance each other's protective powers. They prevent the perpetuation of the potentially harmful free radical chain.

As an antioxidant, vitamin E protects not only against internal oxidative damage caused by metabolic reactions, but also against external factors as well. It protects against the harmful effects of pollution, cigarette smoke, and ultraviolet light. These factors can create the excessive oxidative stress that the body may not be able to counteract. Cells naturally contain antioxidant compounds to prevent or repair oxidative damage, but if the amount of damage exceeds the body's ability to repair it, cellular damage can occur.

Tocopherols are effective at high oxygen concentrations and are thus concentrated in lipid structures with the highest oxygen partial pressure such as red blood cells, respiratory membranes and the retina. Studies have shown vitamin E to improve blood flow, treat circulatory problems such as angina and arteriosclerosis, and improve symptoms in people with poor circulation to the legs.

Studies have also shown that patients suffering from rheumatoid arthritis benefit from vitamin E supplementation. Vitamin E may also markedly decrease the severity of the symptoms associated with menopause and premenstrual syndrome; lessen fibrocystic breast tissue (benign lumps in the breast); and minimize the tendency of blood platelets to stick together.

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**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, ask for operator assistance or call your nearest Poison Control Centre

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative.



Jamieson's Vitamin E, d-alpha tocopherol made from soy, is the most biologically active form available. This formula is a powerful antioxidant that protects polyunsaturated fatty acids and proteins from oxidation, protects against cell damage, and helps speed tissue healing.

Jamieson's Vitamin E is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Vitamin E 100 IU from Jamieson Laboratories different...and why does that difference mean better?

- 1) Vitamin E from soy is more bioavailable and ultimately more efficiently absorbed than synthetic vitamin E.
- 2) Contains d-alpha tocopherol, the most biologically active form of vitamin E.
- 3) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

### INGREDIENT INFORMATION

Available as 100 softgels.  
Each capsule contains:  
Vitamin E.....67 mg AT/100 IU  
(d-alpha tocopherol acetate)

### EXIPIENTS

Soybean Oil, Gelatin, Glycerin.

### DIRECTIONS:

**Adults and children over 12:** Take 1 softgel daily with a meal. Store between 15°C-25°C, away from children.

### INDICATED BENEFITS

- Prevents the oxidation of free radicals that may result in cell damage.
- As an antioxidant, is works to protect the body from tissue damage.
- Acts as an anti-blood clotting agent.
- Promotes normal red blood cell formation.
- Protects the body from premature aging.

### NUTRIENT INTERACTIONS

#### Drug Interactions

Anti-depressants, Anti-psychotics, Aspirin, Tricyclics, Beta-Blockers, Blood Thinners (warfarin), Salicylates, medications used to treat cancers (cyclosporine), medications used to treat malaria (chloroquine).

#### Nutrient Depletions

Weight loss products (orlistat, olestra), Antituberculosis Drugs, Cholesterol-Reducing Drugs/HMG-CoA Reductase Inhibitors.

#### Supportive Drug Interactions

Anti-Alzheimer's drugs, Anti-arrhythmic drugs/Heart-Rhythm Regulators, AZT, Anti-Convulsant Drugs, Anti-Fungal drugs, Anti-Psychotic Drugs, Immunosuppressants, Oral Contraceptives, Vitamin C, Selenium.

### WARNINGS AND PRECAUTIONS

None known when taken as directed.

### TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

There have been some reports of individuals experiencing headaches and diarrhea from vitamin E supplements. Do not exceed recommended dosage. Excess vitamin E can decrease the absorption of vitamin A and interfere with blood clotting.

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