

# Product Information Sheet



Cardiovascular Support

## Cardi-E

### Vitamin E from Natural Mixed Tocopherols

Cardi-E is an innovative, patent-pending preparation of vitamin E containing a mixture of natural tocopherols, all of which act as antioxidants. Alpha-tocopherol is more protective against reactive oxygen species, while gamma-tocopherol is more protective against reactive nitrogen species (e.g. peroxynitrite). A combination of natural, mixed tocopherols provides the broadest possible antioxidant protection for fat-soluble molecules and organelles.

#### Ingredients:

##### Each capsule typically contains:

Vitamin E (mixed tocopherols) providing: (120IU)	80 mg
gamma tocopherol	50 mg
delta tocopherol	20 mg
alpha tocopherol	10 mg
Rape Seed Oil containing:	400 mg
Oleic Acid	230 mg
LA (linoleic acid)	85 mg
ALA (alpha linolenic acid)	45 mg

##### Encapsulated with:

Gelatin  
Glycerin

#### Features:

Vitamin E protects against damage caused by excess free radicals, especially in cell membranes and other fat-soluble areas of the body.

There are three significant types of tocopherols: alpha-, gamma- and delta-tocopherol.

Until recently, alpha-tocopherol was considered the only important type of Vitamin E and almost all Vitamin E preparations contained just alpha-tocopherol. Recent research has shown that a naturally-occurring mixture of tocopherols offers more antioxidant protection than alpha-tocopherol alone.

Rape seed oil contains a healthy mixture of omega-3, omega-6 and omega-9 fatty acids.

**Recommendation:** 1 capsule twice daily with food, or as directed.

**Caution:** Consult with a medical doctor if on anti-coagulant medication or suffering from hypertension.  
Based on preliminary evidence, individuals taking the drug griseofulvin should consult with a medical doctor before taking vitamin E.

#### Contains ingredients derived from:

Soy (oil)

**Product Code:** 3303

**Package Size:** 90