



NATURE'S SUNSHINE

Vitamin E

GOOD FOR

Cardiovascular system

Heart

Musculoskeletal System

SIZE **180 Capsules**

ITEM # **1650**

SERVING **1**

SUPPLY **180 days**

DIRECTIONS FOR USE Take 1 softgel daily with a meal.

— How the Key Ingredients Work

Vitamin E is one of nature's most trusted fat-soluble nutrients, working deep within your cells to help shield them from everyday wear and tear. This formula delivers the protective power your body needs to support healthy circulation, strong defenses, and lasting vitality.

Alpha-Tocopherol (Vitamin E) — The most active form of vitamin E in the human body, alpha-tocopherol works inside cell membranes to neutralize harmful free radicals before they can cause damage. Research confirms it raises antioxidant levels in the blood and helps protect the fats in your cells from breaking down — a cornerstone of everyday cellular health.

Vitamin E as Antioxidant Defense — Think of vitamin E as your body's built-in shield against oxidative stress. It interrupts the chain reactions that can damage healthy cells, helping keep tissues and organs functioning at their best. Studies show supplementation meaningfully boosts the body's overall antioxidant capacity, supporting long-term wellness from the inside out.

Vitamin E for Arterial Health — Your arteries need protection too. Vitamin E helps guard the delicate lining of blood vessel walls from oxidative stress, and clinical research shows that vitamin E combined with vitamin C can improve how well arteries expand and flex — a key sign of healthy circulation and good cardiovascular tone.

Vitamin E for Red Blood Cell Protection — Vitamin E plays a meaningful role in keeping red blood cells healthy and intact. Clinical studies show it helps protect the outer membrane of red blood cells from oxidative damage, supporting their survival and normal function — particularly important for people whose red blood cells may be more vulnerable to breakdown.

Tocopherols (Full Spectrum) — Natural vitamin E isn't just one thing — it's a family of eight related compounds, including alpha-, beta-, gamma-, and delta-tocopherols. Each form contributes its own protective qualities, and together they work in harmony to support a broader, more complete antioxidant defense throughout the body's fat-containing tissues and membranes.

Tocotrienols — Alongside the tocopherols, vitamin E also exists as tocotrienols — a lesser-known but equally fascinating branch of the vitamin E family. These compounds share the same core structure and free-radical-fighting ability, and they are found naturally in foods like palm oil, rice bran, and certain grains, rounding out the full spectrum of vitamin E activity.

Fat-Soluble Cell Membrane Support — Because vitamin E is fat-soluble, it can travel into the fatty layers of your cell membranes — exactly where oxidative damage tends to start. This unique ability means it's working where it matters most, helping maintain the integrity of every cell in your body and keeping membranes flexible and resilient day after day.

Free Radical Neutralization — Free radicals are unstable molecules that can build up from pollution, stress, and normal metabolism. Vitamin E donates a stabilizing hydrogen atom to these molecules, effectively stopping them in their tracks. This chain-breaking action is one of the most well-documented antioxidant mechanisms in nutritional science, and it happens continuously throughout your tissues.

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