

FROM ANTIOXIDANT PHARMACEUTICALS CORP.

SOME FACTS ABOUT VITAMIN E

- Vitamin E, as a supplement, comes in many forms, some are useless, others harmful, and some that are safe, and published at doses well above the Recommended Daily Allowances (RDA). APC supplements use only the form of vitamin E which is pure, safe and highly active as an antioxidant.
- Vitamin E is a reactive compound and the part that serves as the antioxidant is known as an “alcohol” because it has an –OH group (O=oxygen; H=hydrogen). It is a genuine mistake to refer to supplements as the tocopherol because that form is rapidly oxidized and useless.
- Most vitamin E Supplement have another molecule attached to the –OH, to protect it against oxidation until it gets into the G-I tract wherein it is removed. and it is sequentially absorbed and utilized by the myriads of cells of the body to protect their sensitive membranes from oxidation. Without this protection from vitamin E, the cell membranes become oxidized and many systems dysfunction, including the Immune System, the Cardio Vascular System, and the Central Nervous System among others. Humans need substantially more Vitamin E in their cell membranes than 30 I.U., in order to function the way we do in the 21st Century.
- Careful calculations have been made regarding the number of fat molecules in cell membranes that must be protected from oxidation. This attack is prevented by fat-soluble antioxidants, like vitamin E.

The number of vitamin E molecules within the fatty cell membranes is sparse relative to the many free radical assaults on cells that occur around the clock, including:

- Fat Soluble Environmental Pollutants
- UV light
- Tobacco Smoke, in any amount
- Alcohol, in any amount
- Excessive Aerobics
- Excessive Simple Sugars
- Actively Growing Cancer Cells.
- Dietary Fats, including most oils, which are heavily laden with already oxidized fats that serve as “triggers” and “sparks” to start uncontrolled free radical reactions within the cell membranes
- Atomic, or ionizing radiation
- Metal pollution in the Environment , including lead, and others
- Inadequately Controlled Diabetes
- Blue light hitting the retina of eyes and causing Macular Degeneration

- Already formed fatty peroxides, also termed lipid peroxides that abound in the blood, and in the blood vessel walls and linings of people with atherosclerosis. These lipid peroxides are chemically unstable and break apart to ignite chains of free radical reactions (from alkoxy radicals and hydroxyl radicals) within the blood vessels walls. The fatty material of an atherosclerotic plaque is composed of heavily peroxidised fats, and these drive the continuing growth of the plaque to the point of threatening blockages.
- The question that was answered within the past two decades is “Which Vitamin E form is safe and effective to use? The answer is:

d,l-alpha tocopheryl acetate. This is the only pure stable form of vitamin E and it can be taken in daily doses of 800I.U. -1,000I.U. It remains in the body for only 24 hours.

- There are specific controlled studies using Vitamin E in a mixture of antioxidants to protect against Macular Degeneration, conducted and published by the National Institutes of Health. No toxicities were reported, and the benefits were statistically significant in preventing this prevalent, blinding condition.
- Vitamin E, again in controlled published, long-term studies, lowers the risks of prostate cancer by 20% to 30%. There were no adverse effects reported.
- Vitamin E ameliorates some toxicities of certain chemotherapeutic drugs without hindering the anti-tumor effects of the drugs.
- Some forms of Vitamin E Supplements probably should **not** be used because there are published studies demonstrating specific pathologic and biochemical reactions that can be induced, for example:
 - Natural source E, denoted as d-alpha tocopheryl acetate may contain peroxidized fat molecules, as well as the varied agricultural chemicals used by farmers in cultivating their soy plants. Natural source E is made, in some processes, by 27 chemical steps involving diverse reactants and solvents, to “bend” the precursor molecules into the shape of Natural Source Vitamin E. Also, the agricultural chemicals are generally fat soluble and may co-extract with the Vitamin E precursors and possibly wind up in such supplements.

The “Taste Test” will tell you the difference between the Natural Source, d-alpha tocopheryl acetate and the Pure, Synthetic d,l-alpha tocopheryl acetate. Just try chewing and breaking open a soft gel of each. Let us know by e-mail which one you find tolerable.

- Vitamin E Succinate has a number of specific publications showing detailed adverse biochemical effects that are unique to this form of Vitamin E. It is probably best to avoid this.
- Vitamin E, dry, is not advisable because approximately one half of the weight of this has changed into unspecified, dried by-products.

There is a large body of information about supplements. Our approach is to use the processes and thinking employed in pharmaceuticals. We feel strongly that our supplements must be

1. Chemically Pure
2. Stable
3. Scientifically Based and
4. Absorbed and Distributed into cells.

The Antioxidant Pharmaceutical Corporation®