

## Vitamin E 1000iu Capsules - HealthAid

Vitamin E functions as a natural powerful antioxidant and contributes to the protection of cells against oxidative stress. It is also important to support vital nutrients such as Vitamin A and unsaturated fatty acids from oxidative damage. Oxidation of cells is a process connected to cellular ageing, which can bring harm to the body. Vitamin E is utilised by the body to maintain a healthy heart, support red blood cells and nourish the skin.

### What Are Vitamin E 1000iu Capsules For?

Vitamin E 1000iu Capsules Help To :

- Contribute to protection of cells from free radical damage
- Contribute to protection against air pollution, toxins and protect skin from ultraviolet radiations and sunburns
- Contribute to normal function of the immune system
- Contribute to normal circulation and blood vessel function
- Improve and maintain skin tone
- Beneficial against hot flushes in menopausal women
- Beneficial in reducing premenstrual symptoms

### When Should I take Vitamin E 1000iu Capsules?

Vitamin E 1000iu capsules can be taken on a daily basis for general good health and wellbeing to counteract free radical damage and its effects on the body.

### Recommended Daily Intake of Vitamin E 1000iu capsules:

Adults and children over 12 years of age, one capsule daily after meals. Do not exceed recommended daily intake unless advised by a suitably qualified person.

**\*\* Food Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.**

Each Vitamin E 1000iu capsule contains (average):		%NRV
Vitamin E (1000iu)	670mg	5583

\*: EC Nutrient Reference Value Not Yet Established

#### INGREDIENTS FOR VITAMIN E 1000IU CAPSULES:

Natural Vitamin E (d-alpha tocopherol), Bulking Agent (sunflower oil), Capsule Shell [gelling agent (gelatine), humectant (glycerol)].

**\*\* High dosage of vitamin E supplements should only be taken for a short period of time then discontinued for about two weeks before resuming once again.**