



In its role as an antioxidant, vitamin E promotes:

- Smooth arterial flow and cardiovascular vitality.*^{1, 2}
- A significant increase in the likelihood of heart health among those at greatest risk.*^{1, 2}
- Healthy cells and tissues of the skin, breast, mouth, throat, esophagus, stomach, colon, rectum, cervix, and lung.*^{1, 2}
- Normal, healthy vision.*¹
- A healthy nervous system.*⁹
- Immune system strength.*¹
- Smooth, youthful skin. Encourages healthy cellular renewal, even after UV exposure.*¹⁰
- Healthy functioning of the joints.*¹¹
- Normal — and possibly slower — aging.*¹
- Optimal cellular response to strenuous exercise.*¹
- Normal blood sugar levels.*¹
- Healthy response to airborne pollutants.*¹

The most complete whole-food-based vitamin E supplement available anywhere!

References

- 1 Sadler MJ, Encyclopedia of human nutrition, Academic press, 1998.
- 2 Groff JL et al, Advanced nutrition and human metabolism, West coast publishing company, 1995.
- 3 Burton GW et al, Am J Clin Nutr 67(4):669-684, Apr 1998.
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- 5 Flynn ME, Envir Nutr, 19(9):1-2, Sept 1996.
- 6 Meydani SN et al, JAMA, 277(17):1380-1386, May 7, 1997.
- 7 Kubena KS et al, J Am Diet Assoc, 96(11):1156-1164; quiz 1165-1166, Nov 1996.
- 8 Azzi A et al, Prostagl Leukot Essent Fatty Acids, 57(4-5):507-514, Oct 1997.
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- 10 Steevoorden DP et al, J Photochem Photobiol B, 41(1-2):1-10, Nov 1997.
- 11 McAlindon TE et al, Arthr Rheum, 39(4):648-656, Apr 1996.

Contact your independent GNLD distributor:



PEOPLE EMPOWERING PEOPLE™

Antioxidant power and cardio health

Delivers **all 8** vitamin E family members!



Why you need vitamin E

Adding vitamin E to your diet just may add years to your life! Decades of scientific studies prove that vitamin E is extremely effective in promoting long-term good health and longevity. It's no wonder people are embracing the antioxidant power of daily E, which is known to support a healthy cardiovascular system, healthy immune function, and young-looking skin.*¹ By protecting cell membranes and blood lipids against oxidative damage, vitamin E supports healthy circulation, normal cholesterol levels, healthy cellular activity, optimal eye health, normal blood sugar levels, and more!¹



With benefits like these, you'll want to get the very best vitamin E supplement on the market: GNLD Vitamin E Plus! Only whole-food-sourced Vitamin E Plus delivers *all eight* natural E family members in a unique, water-miscible formula!



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7 Essential reasons to take GNLD Vitamin E Plus

- 1** Delivers entire E family. All eight members of the powerful vitamin E family: *all four tocopherols* and *all four tocotrienols* in nature's balanced ratios for more complete protection than just alpha-tocopherol alone.*²
- 2** 100% **food-sourced** with premium wheat germ oil and soy oil. Pure, cold-pressed and unrefined wheat germ oil, plus a high-potency soybean extract and natural alpha-tocopherol concentrate, provide the ultimate whole-food vitamin E.
- 3** **Natural, not synthetic.** Natural vitamin E has *twice the potency* of lower-cost, petrochemical-based synthetic forms. Studies show that given the choice between natural or synthetic vitamin E, the body — especially the cardiovascular system and major organs — preferentially takes up natural E!*
- 4** **High potency.** Power-packed formula delivers 275 IU of natural alpha tocopherol, plus 50 mg of beta, gamma and delta tocopherols, and the complete spectrum of natural trace tocotrienols (alpha, beta, gamma and delta) in every capsule!

Two 10-calorie capsules equal the Vitamin E found in:



970 cups spinach

(102 grams fat, 6,402 calories)

OR



11 jars peanut butter

(2,805 grams fat, 32,615 calories)

OR



246 lbs bacon

(64,545 grams fat, 665,346 calories)

Source: USDA Nutrient Database for Standard Reference, Release 12, 3/98.

- 5** **Water-miscible technology**, exclusively from GNLD, quickly disperses fat-soluble vitamin E nutrients into small, easily-absorbed particles! This unique system includes apple pectin and lecithin to enhance nutrient absorption.*¹
- 6** **Bioavailable tocopherols.** The whole-food-sourced tocopherols in exclusive Vitamin E Plus exist in the lipid format that's easiest for your body to digest, assimilate and utilize!
- 7** **Laboratory validated for purity and potency.**

The science behind the supplement

Why GNLD's Scientific Advisory Board created Vitamin E Plus

Growing scientific evidence suggests that the RDA of 30 IU is too low to defend your body against free radicals and oxidants or confer the maximum health benefits. Many scientists now believe the Optimal Daily Intake for vitamin E is closer to 400 IU per day for healthy people. In fact, numerous studies suggest that a daily intake in excess of the RDA provides the greatest protective benefits!*,⁴ Keep in mind that illnesses, medications, exercise, and pollution increase your body's vitamin E requirements.¹

GNLD's exclusive Vitamin E Plus was carefully formulated by GNLD's Scientific Advisory Board to deliver the complete nutrient profile of whole, natural foods in a rich, high-potency capsule. Studies indicate that components of natural vitamin E are stored in your body up to *two times longer* than synthetic E⁵, for longer-lasting benefits. Be assured that when you choose genuine GNLD Vitamin E Plus, you get complete protection patterned after nature itself!

E-normous evidence for E!

Vitamin E delivers multi-targeted phytonutrient power! Scientific evidence shows that a diet rich in vitamin E may:

- Stimulate immune response.*⁶
- Regulate cellular metabolism. Vitamin E is critical to the health of cellular membrane and mitochondrial metabolism.*¹
- Inhibit the formation of nitrosamines, which have been associated with alterations in healthy cell growth.*¹
- Spare selenium and protect vitamin A from degradation in the body.*⁷
- Regulate prostaglandins (natural biochemicals that constrict smooth muscles and control platelet clumping).^{*8}
- Protect cell membranes from attack by free radicals.*¹