

## FULL-SPECTRUM TOCOPHEROL & TOCOTRIENOL COMPLEX

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin E (d-alpha tocopherol)	67 mg (100 IU)	447%
Total Mixed Tocopherols	155.3 mg	**
(d-alpha tocopherol 67 mg, d-beta tocopherol 1.8 mg, d-gamma tocopherol 84.7 mg, d-delta tocopherol 1.8 mg)		
Total Mixed Tocotrienols	35 mg	**
(d-alpha tocotrienol 11.2 mg, d-beta tocotrienol 1.3 mg, d-gamma tocotrienol 17.5 mg, d-delta tocotrienol 5.0 mg)		
Plant Squalene	4.6 mg	**
Phytosterol Complex	2.3 mg	**

\*\* Daily Value (DV) not established.

**Other ingredients:** Vegetarian softgel capsule (modified food starch, carrageenan, sorbitol, glycerin and purified water), sustainable non-GMO palm oil. **Does not contain gluten.**

**SUGGESTED USE:** 2 VEGAN SOFTGEL CAPSULES PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

Complet-E SupraBio™ is formulated with EVNol SupraBio® which is a trademark of ExcelVite and protected by US Patent No 6,596,306.

- Eight forms of vitamin E: essential biological antioxidant.\*
- Protects lipids & cell membranes from oxidative damage.\*
- Supports cardiovascular system, nervous system, cognitive health & reproductive health and function.\*
- Superior absorption tocotrienols from non-GMO palm oil.\*

**Complet-E SupraBio™ Select** is a comprehensive vitamin E supplement supplying all eight known forms of vitamin E as natural *tocopherols* and *tocotrienols*. It contains significant levels of inflammation-lowering gamma tocopherol and is made with EVNol SupraBio™, a premium tocotrienol complex derived from sustainably harvested, non-GMO palm oil, which has been researched to provide superior absorption. **Complet-E Supra-Bio™ Select** also features two naturally occurring palm oil compounds—the antioxidant *squalene*, and an immune-supportive *phytosterol complex*—for additional benefits. This state of the art dietary supplement is provided in a gelatin-free vegan softgel capsule.

VITAMIN E is a fat-soluble vitamin and important physiological antioxidant. Its primary function is to protect cells from free radical assault by supporting the integrity of lipid-containing cell membranes, which are highly vulnerable to damage by lipid peroxidation. Vitamin E also protects the cholesterol transport molecule LDL from oxidation, helping to prevent an initiating step in atherosclerosis and supporting cardiovascular health.

In its naturally occurring form, vitamin E is found in oil-containing foods such as wheat germ, nuts and sunflower seeds, and comprises eight different related compounds or isomers: *alpha-, beta-, gamma- and delta-tocopherol*, and *alpha-, beta-, gamma- and delta-tocotrienol*. In the United States, the most prevalent form of vitamin E from dietary sources is gamma tocopherol, but most clinical research has been performed with alpha-tocopherol, the predominant form of vitamin E in blood and tissues.

Alpha tocopherol is currently the only form of vitamin E used to address vitamin E deficiency symptoms, which may include muscle weakness, peripheral neuropathy, vision loss or immune system problems. However, studies on other tocopherol forms, notably gamma tocopherol, suggest they may yield even higher antioxidant activity than the more well known alpha tocopherol. Gamma tocopherol has the ability to convert into alpha-tocopherol in the body, and is recognized for its ability to help optimize the inflammation response. It has been suggested to be superior at trapping

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This product is not intended to diagnose, treat, cure or prevent any disease.

reactive nitrogen and oxygen species than alpha-tocopherol alone, and plasma levels may be useful in serving as a biomarker for cardiovascular and cancer risk factors. Gamma-tocopherol also has been researched in tandem with other inflammation modulating nutrients. A 2007 double blind, placebo controlled trial, found that a combination of gamma tocopherol and docosahexaenoic acid (DHA) showed excellent results in lowering markers of inflammation and oxidative stress in patients with kidney problems.

In addition to gamma tocopherol, the tocotrienol forms of vitamin E have been found in both animal and human research to offer significant protection against a number of inflammation-associated health problems. Studies suggest tocotrienols possess a powerful 40 percent to 60 percent greater antioxidant activity than tocopherols, and may offer specific beneficial properties that tocopherols alone do not. Notable among these are brain and neuroprotection, hepatoprotection, cholesterol-lowering cardioprotection and improved skin and hair health.

The tocotrienols in **Complet-E SupraBio™ Select** are provided as Evnol SupraBio™, a proprietary tocotrienol complex derived from sustainably grown, Malaysian red palm fruit oil. This natural tocotrienol complex self-emulsifies in the human gastrointestinal tract enabling rapid, consistent tocotrienol absorption into the bloodstream, independent of dietary fat or food intake. In a human clinical trial published in 2012, EVNol SupraBio™ was found to be efficiently absorbed, delivered to and deposited in multiple organs and tissues including blood, skin, adipose, brain, cardiac muscle, and liver. Compared to a regular tocotrienol extract, EVNol SupraBio™ has been shown to exhibit superior oral absorption of each individual tocotrienol by an astounding 250% on average.

By providing the full spectrum of absorbable tocopherol and tocotrienol isomers, **Complet-E SupraBio™ Select** offers the full health potential of supplemental vitamin E. Generally vitamin E is regarded as extremely safe and beneficial for most people, but it is believed that high doses of alpha-tocopherol may interfere with vitamin K-dependent blood clotting mechanisms. Therefore, although **Complet-E SupraBio™ Select** contains only a moderate dosage (100 IU) of alpha tocopherol, this product is not recommended for use by patients who are taking anticoagulant drugs unless under the supervision and recommendation of a physician.

## REFERENCES

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