



INTERNATIONAL

NEWS YOU CAN USE

The Real Truth About Vitamin E



Vitamin E is a powerful nutrient. The benefits of Vitamin E have been studied and proclaimed extensively over the past two decades. Any question of its safety or effectiveness, therefore, also receives a great deal of media attention. GNLD wants to assure you that Vitamin E—particularly the Vitamin E used in our products, including Vitamin E Plus—is both a safe and necessary supplement in the diet.

Vitamin E supports upper respiratory health for the elderly

One chronic health issue that plagues the elderly is upper respiratory tract infections. Any form of prevention can have compound positive benefits. A recent study published in the September issue of *Journal of The American Medical Association* demonstrated that participants given supplements of 200 IU of Vitamin E per day had lower rates of upper respiratory tract infections—especially those associated with the common cold. This three-year study, involving over 600 people over the age of 65 was designed to evaluate the effectiveness of Vitamin E in the prevention of upper respiratory tract infections. Participants receiving Vitamin E had a 20% lower risk for catching a cold. (*JAMA*; 2004 Sep 15; vol. 292, issue 11, pg:1305)

Athletes benefit from Vitamin E

A study published in *Free Radical Biology and Medicine*, which looked at ultramarathon runners, demonstrated that Vitamin E can protect athletes from oxidative stress and inflammation caused by exercise. According to the authors, the oxidative damage associated with ultramarathon runners can be equal to that of a heart attack or stroke victims, and athletes who

participate in endurance sports are often counteracting the positive benefits of exercise. The amazing result of this study was that the Vitamin E group completely prevented the oxidative damage normally seen in this group of athletes! The evidence here is clear, if you push your body to the limit, you need extra E in your diet! (*Free Radical Biology and Medicine*; 2004 May 15, vol. 36, issue 10, pg:1329-1341)

Vitamin E may help prevent ALS

A landmark study conducted over 10 years and involving nearly a million people shows that Vitamin E has a major preventative effect on developing Amyotrophic Lateral Sclerosis (ALS), commonly known as Lou Gehrig's Disease.

ALS is a crippling disease that affects the muscle-controlling nerve cells in the brain and spinal cord. While the cause is unknown, the effects are devastating; those afflicted eventually become paralyzed.

In this extensive study, investigators found that those individuals who took Vitamin E supplements for at least 10 years had more than fifty percent lower risk of death from ALS than those who did not use Vitamin E. (*Annals of Neurology*, January, 2005)

Vitamin E—Still an All Star!

These three studies are a small sample of the scores of scientific studies that demonstrate the power and safety of a diet containing Vitamin E. The safety and need for this essential nutrient is unequivocal, and GNLD and the SAB will continue to keep you informed of the latest science supporting this incredible vitamin.