

Annatto-E™ 150 & Annatto-E™ 300

Natural support for cardiovascular health and antioxidant status

The Vitamin E Story

Vitamin E is not a single nutrient, but rather a complex made up of 8 distinct compounds: 4 tocopherols and 4 tocotrienols. These components have slightly different chemical structures, and these differences impart unique properties that influence their biochemical functions and their effects in the body. Most conventional supplements are typically rich in tocopherols—alpha-tocopherol, in particular—but the tocotrienol fractions have unique effects across a variety of tissues that make them desirable to supplement on their own, without tocopherols.

Rich sources of vitamin E include whole grains, such as wheat (especially wheat germ), rice, barley, oats and corn, select leafy green vegetables, and palm fruit. Most of these foods, however, are higher in tocopherols than tocotrienols. The richest known source of naturally occurring tocotrienols is annatto, derived from the seeds of a tree native to Latin America. Annatto is virtually free of tocopherols and contains nearly 100% tocotrienols, all in the most potent forms. The tocotrienols in this product are sourced from annatto, so they're exclusively tocotrienols.

Benefits of Tocotrienols

Tocotrienols have shown impressive effects in supporting cardiovascular health, particularly with regard to influencing healthy cholesterol and triglyceride levels. They may also be beneficial for a healthy inflammatory response, and chronic inflammation is a factor in damage to the cardiovascular system. Related to their effects on healthy blood vessel function, tocotrienols also support healthy blood pressure.

Owing to their positive influence on lipids (fats in the blood), tocotrienols may be beneficial for those with a buildup of fat in the liver, as well as those who need help managing blood sugar and insulin levels. New research also suggests tocotrienols may be a valuable addition to the supplement regimens of those who need nutritional support for strong, healthy bones.

Perhaps the best known role for the vitamin E complex is as an antioxidant. Tocopherols have antioxidant effects, but tocotrienols are more potent at protecting against cellular damage from harmful free radicals. The powerful antioxidant function of tocotrienols has been demonstrated in studies of skin and eye health, where damage from oxidation can lead to premature aging of the skin and compromised visual acuity. Abnormal growth of blood vessels in the eyes can also lead to vision problems. Tocotrienols have been shown to help reduce this.

Why No Tocopherols?

Supplements claiming to contain “vitamin E” are often only alpha-tocopherol. While alpha-tocopherol has beneficial effects of its own, it has been shown to interfere with the positive effects of tocotrienols, and it also inhibits absorption of tocotrienols and causes them to break down faster. For this reason, it's best to take tocotrienols by themselves, and if you take other supplements that contain alpha-tocopherol, it's recommended to separate tocotrienol and tocopherol supplementation by at least 6 hours.

How to Take

- As a dietary supplement, take one softgel per day, or as directed by your healthcare practitioner.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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