



## Bio-E-Vitamin

### What is Bio-E-Vitamin?

Bio-E-Vitamin is a strong vitamin preparation. It consists of clear, soft gelatin capsules with purified soybean oil, and natural d-α-tocopherol. Each capsule contains approx. 350 mg/525 IU. As with other fat-soluble vitamins Bio-E-Vitamin should be ingested with a meal.

### Pregnancy

Bio-E-Vitamin may be used by pregnant and lactating women.

### What is vitamin E?

Vitamin E is a natural, lipid-soluble vitamin of vegetable origin. Vitamin E is comprised by a group of lipid-soluble substances that are divided in tocopherols and tocotrienols. Vitamin E is primarily in foods that contain fat. The two most prevalent types of vitamin E are alpha- and beta-tocopherol. Alpha-tocopherol is considered the most active form. Vitamin pills typically contain either dl-alpha-tocopherol or d-alpha-tocopherol, and the latter is the nature-identical form of the vitamin.

### Absorption and effects of vitamin E

Vitamin E is absorbed in the small intestine along with fat. The absorption is incomplete. With ingestion of large quantities of vitamin E, absorption decreases.

People with reduced lipid absorption also have lower absorption of vitamin E from the small intestine.

### Protects against oxidative damage

Vitamin E is carried around in the body in the same way as fat (bound to lipoproteins) and distributed to most tissues. The physiological effect of vitamin E is thought to related to its role as an antioxidant where the nutrient inhibits the oxidation of unsaturated fatty acids. Vitamin E also protects vitamin A against being degraded. The need for vitamin E is proportionally related to the intake of poly-unsaturated fatty acids.



# Bio-E-Vitamin

## 1 capsules contains

Vitamin E (d-alpha-tocopherol) 350 mg a-TE 2917%

## RDA\*

2917%

## Ingredients

d-a-tocopherol, soybean oil, gelatin, glycerol.

\* RDA = Recommended Daily Allowance

## Dosage

1 capsule daily, unless otherwise advised.  
Do not exceed the recommended daily dosage.  
Do not chew the capsule but swallow it whole, after a meal.

Dietary supplements should not replace a varied diet.

## Storage

Dark, dry and at room temperature.  
Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

## Excretion of vitamin E

Vitamin E is most probably excreted with bile and, subsequently, with feces. Vitamin E may enter breast milk but only enters the placenta with great difficulty.

## Milligrams and international units

Vitamin is measured in milligrams (mg) and international units (IU).

1 mg of d-alpha-tocopherol = 1.49 IU

## Natural vitamin E sources

Vitamin E is primarily found in vegetable foods. However, liver contains quite a lot of vitamin E. Other natural vitamin E sources include foods like:

- Fats
- Eggs
- Oily fish
- Corn products
- Cheese
- Milk

Deep-freezing causes the vitamin E content in food to lose its effect.



## Caution required

Bio-E-Vitamin should not be used with conditions that resemble vitamin K deficiency. Neither should the product be taken in the case of peanut allergy, soy allergy, or allergy towards the active ingredient or one or several of the ingredients. Large doses of vitamin E may increase bleeding time and should therefore not be taken 2 weeks prior to and after surgery.