

## How is Ester E Better for you than Regular Vitamin E?

Vitamin E is a known natural supplement and antioxidant that helps support the immune and cardiovascular systems. It is created by a natural process so that you can receive the purest form available. It is formed when natural d-alpha tocopherol is combined with a phosphate molecule. This combination protects the potency of Vitamin E until your body needs it the most.

Ester E is processed so that its natural benefits are preserved to give the body the most optimal benefit possible. This is why Ester E is the best form of Vitamin E available. Vitamin E is known to aid in the following actions:

- \* Preventing Alzheimer's disease
- \* Reducing vision problems
- \* Preventing heart problems
- \* Protecting cell membranes
- \* Flushing LDL cholesterol

### Vitamin E Food Sources:

- \* Nuts
- \* Oils
- \* Whole grains
- \* Spinach
- \* Asparagus
- \* Avocado
- \* Carrots
- \* Celery
- \* Apples
- \* Beef
- \* Seafood

### How Vitamin E Works:

Manufacturers suggest that Ester E be taken along with a meal that includes some form of fat. This is because when fat is combined with Vitamin E, it is more readily absorbed. Since the supplement is fat soluble, this aids in delivery to the cells of the body.

Vitamin E is an essential nutrient because the body cannot produce it on its own. If you are not ingesting the proper amounts of it in your daily diet, you need to take a supplement. It is important to remember that improper preparation, cooking and storage can result in the loss of Vitamin E from the food.

Vitamin E is actually a combination of antioxidants, tocopherols and tocotrienols. Unfortunately, only alpha-tocopherol is actively maintained in the body. Therefore a supplement is needed to be sure the body is getting enough of the other ingredients that make up the complete Vitamin E.

### Why do we need Vitamin E?

Part of its job is to protect Vitamin A and essential fatty acids from oxidation. When oxidation occurs in the cells, it breaks down body tissues.

### Vitamin E Benefits:

Vitamin E has been found to aid in the prevention of heart disease. The oxidation of LDL cholesterol causes blockages in the coronary arteries. This often leads to atherosclerosis and heart attack. Vitamin E helps to prevent or at least delay these effects by limiting this oxidation. This has reduced the mortality rate due to coronary disease.

In its complete form, Vitamin E may be effective in reducing the risk of breast cancer in women who are genetically predisposed. It is being tested for its effectiveness in not only reducing the incidence of breast cancer, but also in inhibiting breast cancer cell growth.

Vitamin E is thought to protect the body against many forms of cancer due to its ability to increase immune system function. As an antioxidant, Vitamin E protects the body against the damaging effects of free radicals. These are believed to contribute to cancer cell production and the development of other chronic diseases. Vitamin E may also block formation of nitrosamines. These are carcinogens that form in the stomach from nitrites consumed through diet.

Another possible benefit to optimal amounts of Vitamin E in the diet is the prevention of cataracts. The clarity of the lens of the eye contributes to the formation of cataracts, blindness and eye disease. Vitamin E is being found to aid in the prevention of eye problems in people of all ages.

Vitamin E Warnings:

Vitamin E can produce harmful side effects if it is combined with certain medications. Consult your doctor before taking any dietary supplement to be sure it is safe for your use.

When taken as a supplement in its complete form, Vitamin E is nutritive and helpful in maintaining good health. Be sure when purchasing Vitamin E supplements that you are using Ester E for optimal benefits.

### About the Author

More information on the [vitamin ester-E](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>