



HEALTH TIP #16 – VITAMIN E By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

#1 Nutrient for cardiovascular disease

- Stroke, Cerebral Hemorrhage, Varicose veins, Phlebitis, Angina

Helps blood flow.

- Controls consistency of the blood.
- Prevents blood clots.
- Dilates capillaries to help the blood flow better.

Strong immune system

- When it comes to fighting the flu, research shows that vitamin E supplementation can reduce influenza antigens

Eyes

- Protects against free radical damage and protects the eye from age related diseases such as cataracts and macular degeneration

Athletes

- supports the body's ability to neutralize free radicals and aid in the body's recovery process

BENEFITS:

It's nearly impossible to get all the vitamin E you need from just the foods you eat. Even from the richest vitamin E sources, to get the RDA (30 I.U.) you'd have to eat:

FOOD AMOUNT NEEDED CALORIES

Spinach	2.5 pounds	297 calories
Broccoli	8.5 pounds	1,010 calories
Brown rice (boiled)	2.25 pounds	1,224 calories
Bacon	10 pounds	26,286 calories
Peas	8 pounds	4,206 calories
Whole wheat bread	124 slices	6,870 calories

- Accumulating scientific evidence indicates that the U.S. Recommended Daily Allowance (RDA) of 30 I.U. is too low to defend the body from free radicals and oxidants or to provide the maximum health benefit.
- Many scientists now believe the Optimal Daily Intake (ODI) for vitamin E is likely in the range of 100 - 400 I.U. per day for healthy people.
- Vitamin E intakes of up to 100 times the U.S. RDA are considered safe.

WHY GNLD VITAMIN E?

- **Delivers entire E family.** All eight members of the powerful vitamin E family: all four tocopherols and all four tocotrienols in nature's balanced ratios as they exist in whole foods for more complete protection than just alpha-tocopherol alone.
- **100% food-sourced** with premium wheat germ oil and soy oil. Pure, cold-pressed and unrefined wheat germ oil, plus a high-potency soybean extract and natural alpha-tocopherol concentrate, provide the ultimate whole-food vitamin E.
- **Natural, not synthetic.** Natural vitamin E has twice the potency of lower-cost, petrochemical-based synthetic forms. Studies show that given the choice between natural or synthetic vitamin E, the body — especially the cardiovascular system and major organs — preferentially takes up natural E!
- **High potency.** Power-packed formula delivers 275 IU of natural alpha tocopherol, plus 50 mg of beta, gamma and delta tocopherols, and the complete spectrum of natural trace tocotrienols (alpha, beta, gamma and delta) in every capsule!
- **Water-miscible technology,** exclusively from GNLD, quickly disperses fat-soluble vitamin E nutrients into small, easily-absorbed particles! This unique system includes apple pectin and lecithin to enhance nutrient absorption.
- **Laboratory validated for purity and potency.**

Note there are numerous studies on the benefits of vitamin E, but when studies are done on synthetic vitamin E they do not have the same results. Unfortunately these studies are the ones the media likes to broadcast. See attached response to this study.

HOW TO TAKE:

Take 1 or 2 capsules daily

Supplementation at 200-800 I.U. daily **may dramatically reduce your risk of heart disease.**

TESTIMONIES:

Vyvyan de Ryck's testimonial on the Heart Program

In October 2001 I suffered a heart attack and was hospitalized for 10 days. I was told that one of the arteries in my heart was blocked and that was what caused the attack.

Two weeks after my release from hospital I made the decision to wean myself off of the heart medications within the month and go on the GNLD's heart program. My daily regime of vitamins consisted of:

1 package of Phyto Defense

5 Lipotropic

3 Salmon Oil

3 Lecithin capsules

3 garlic tablets

In addition to my Nourishake and Formula 1V+

At my 3-month check-up on January 12, 2002 I created quite a stir in the clinic. I was given an ultra Sound at which time the technician thought the machine was broken because she could find nothing wrong with my heart. She called in the cardiologist who was baffled and remarked how strong my heart was beating. He insisted on my having further tests because he just could not believe what he was seeing. A CAT scan of my heart and 2 stress tests later he agreed that my heart was healthy and if he had not been the attending physician at the hospital he would not have believed that I had suffered a heart attack. He asked what I had done and I shared GNLD information with him.*

Today, I have a healthy heart, am physically fit, and have not taken any heart medication since 2001. My heart maintenance program consists of:

1 package PhytoDefense

3 Lipotropic

2 Lecithin

2 Salmon Oil

2 Garlic

1 - B-Complex

I continue to take my Formula 1V+ daily and my Nourishake.

*My cardiologist knows all about GNLD and the science behind the products. He referred his mother to us and she happens to be one of our best clients.

12 years ago, my father-in-law, Gerry, had a triple heart bypass. Then, in May of 1999 he experienced chest pain, had trouble breathing and was admitted to the hospital again. An ultrasound of his heart showed it was not contracting and pumping properly. The specialist classified the malfunctioning as category 3 - 4. Category 4 means a need for a heart transplant.

I immediately started Gerry on a 30 - day healthy heart program which includes 6 a day of Lipotropic Adjunct, Garlic, Salmon Oil, Vitamin E and Lecithin. After three weeks another ultrasound showed Gerry's heart functioning in the 2 - 3 category range. Both, the technician and the radiologist were quite surprised by the improvement.

After 30 days I had Gerry reduce his supplement intake by half. In September, 1999 Gerry had another ultrasound and the results were outstanding!!! His heart is now functioning at category 1, which is completely normal. His doctor asked the technician to come in and verify the results as he could not believe them. His comment was "hearts just don't revive like that". Now, Gerry's doctor's recommendation is to continue his heart health supplementation program because it is making such a positive difference. We are all very grateful that Gerry has recovered so well and thank GNLD for providing such excellent products that really work.

E. Black, Orton, ON

My husband for many years had perfect health. He is a big man and loves to eat and drink home made red wine.

When Nada started her GNLD business, Joe did not think he needed the supplements because he was so healthy. Then after one of his physicals the Doctor told Joe that his blood pressure was high, and he had to take medication.

As soon as Joe found out that he could not drink his red wine while on the drugs, he called Nada...and said " FIX ME UP"

Shortly after being on a program for high blood pressure he did not have to take any drugs. He has now been medication free for over 11 years!!!

Joe did the heart program, 6 Garlic, 6, Carotenoids, 6 Salmon Oil Plus, 6 Lecithin, 6 Lipotropic Adjunct, 6 Vitamin E, & he also added 3 Cal Mag. He did this for only one month.

He is now on just a basic program, 3 Tre en en, 3 Salmon Oil Plus, 2 Garlic, 3 Cal Mag, 2 E, 2 Lipotropic Adjunct, 3 carotenoids, and every 6 months his Doctor says, keep listening to your daughter!!!

Thank you GNLD

Emma Ivancic, Bolton, ON.