



E-Prime™



ITEM# 124
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Antioxidant vitamins and minerals are the body's first line of defense against highly reactive compounds known as free radicals. Although free radicals are normal by-products of cellular metabolism, their cumulative effects can be devastating.¹

Under ideal circumstances, antioxidants produced by the body and supplied by the diet "scavenge" free radicals and destroy them as they are produced. But influences such as an inadequate diet, a stressful lifestyle, and environmental pollution can upset this balance.

For those who want to increase their vitamin E intake and enhance their antioxidant protection, USANA has formulated **E-Prime™**.

Vitamin E Benefits

Vitamin E, one of the most powerful antioxidants known, plays a critical role in the body by protecting LDL and cell membranes from oxidation damage. Vitamin E works with other antioxidants to provide optimal health to cells and organs.² Several laboratory and clinical studies have shown the importance of vitamin E in supporting good cardiovascular health and a strong immune system in the elderly.^{3*}

Vitamin E is an essential nutrient—one that the body cannot manufacture and thus must obtain from foods and supplements. However, it may be difficult to ingest enough vitamin E from food alone. Animal sources of vitamin E are poor, and only small amounts occur in butter, egg yolk, milk fat, and liver. Larger but still moderate amounts are found in whole-grain products, seeds, nuts, and vegetable oils.

The body does not retain vitamin E as well as it does other fat-soluble vitamins. In addition, many processing methods (such as heating and chemical refining) eliminate much of the vitamin E in our foods. Because people consume more processed food than they did 50 years ago, they get less natural

vitamin E. Many health professionals believe that vitamin E supplementation is the answer.

Recommended Dietary Intake

The Recommended Dietary Intake (RDI) of vitamin E is 30 International Units (IU). But the RDI does not consider factors that may increase vitamin E needs—diet, lifestyle, disease, and exposure to pollutants—which vary among individuals. Numerous human clinical trials and epidemiological data show that vitamin E levels many times higher than the RDI on average (400–800 IU per day) may provide significant health benefits.^{4*} Dietary sources of vitamin E cannot typically supply these levels.

Why E-Prime™?

USANA's **E-Prime** formulation is a premier vitamin E product on the market. Each capsule contains 200 IU of the most biologically active form of vitamin E (d-alpha-tocopherol).

USANA's **E-Prime** uses a state-of-the-art manufacturing process that takes advantage of liquid hard-shell encapsulation technology. This liquid formulation further enhances the bioavailability of **E-Prime**. The result is an effective vitamin formulation in a powerful package.

E-Prime is laboratory tested, quality guaranteed. Meets British Pharmacopoeia specifications for potency, uniformity, and disintegration where applicable.

Using E-Prime™

Adults take two (2) **E-Prime** capsules daily, preferably with meals, or as convenient.

EACH CAPSULE CONTAINS:
NATURAL VITAMIN E (AS D-ALPHA-TOCOPHEROL)

200 IU

USANA
HEALTH SCIENCES

Optimizers
Micronutrition

E-Prime™

- Provides a broad-spectrum vitamin E supplement
- Comes in a 200 IU liquid hard-shell encapsulation
- Complements the USANA® **Essentials™** and provides enhanced levels of vitamin E



References

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4. Stampfer, MJ, Rimm, EB, *Am. J. Clin. Nutr.* 1995; 1365S–9S.
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Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.