

tra7551

Love your Vit E Dr Mercola

Posted On 03/12/2024

Guillermou

The so-called “chromanol” head is the fundamental unit of vitamin E, and is also the site of antioxidant activity. Vitamin E is made up of four tocopherols (alpha, beta, gamma, delta) and four tocotrienols (alpha, beta, gamma, delta). The slight difference between tocotrienols and tocopherols is in the unsaturated side chain which has three double bonds in its farnesyl isoprenoid tail. Dr. Lester Packer of the University of California/Berkeley reports tocotrienol's superior antioxidant capacity is attributed to its greater flexibility, allowing greater mobility to cover a greater surface area of cell membranes.

Tocotrienols safely address all three areas of atherogenic dyslipidemia: reduction in triglyceride levels, moderate increase in HDL cholesterol. Additionally, there is evidence in animal studies that tocotrienol reduces blood pressure, arterial plaques, adhesion molecules, and blood sugar, all signs of metabolic syndrome. Tocotrienols complement the health benefits of tocopherols. While alpha-tocotrienol is highly effective in the brain for cerebral ischemia, gamma and delta tocotrienol exhibit greater anticancer and anti-inflammatory activities. The chemosensitizing property of tocotrienol is exhibited by modulating various signaling pathways and molecular targets involved in the survival, proliferation, invasion, migration and metastasis of cancer cells, There is groundbreaking research showing that vitamin E and especially tocotrienols can improve fatty liver disease and protect liver function.

Vitamin E and especially tocotrienols protect neurons, prevent neuronal cell death, beneficially inhibit cholesterol and alter its fractions, and dampen inappropriate inflammation, including reduction of atherogenic lipoprotein, also inhibiting adhesion molecules sticky veins present in the first stage of atherosclerosis.

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Guillermou

Vitamin E deficiency can cause anemia, eye disorders such as retinitis and macular degeneration. Vitamin E related to its antioxidant and anti-inflammatory properties and the pathways used to induce microglia-mediated neuroprotection. Tocotrienols promote arterial health and reduce bacterial infections in atherosclerotic tissue. -Tocotrienol in combination with resveratrol improves cardiometabolic risk factors and biomarkers in patients with metabolic syndrome. Tocotrienols are capable of inhibiting the growth of various cancers, including breast, lung, ovarian, prostate, liver, brain, colon, myeloma, and pancreas. Evidence has revealed that tocotrienol is more beneficial compared to tocopherol and has great potential to improve diabetes, hypertension and hyperlipidemia.

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Posted On 03/12/2024

Hey Gui, a very important piece of information in this article has wide implications for those being introduced to why we follow Alternative, Natural Sources for Healing. It is most unfortunate unless someone grew up in families who already practiced Alternative Healing, so many finally found it after suffering the aftereffects of Pill Mill Treadmill Syndrome. Others witness, follow someone who has made the change, has done some serious homework so they heard or thought they heard the whole story, but maybe got some basics.

And now it seems doing your homework or getting a second opinion is now being condemned. When Doc points out "some studies have linked vitamin E supplementation to an increased risk for cancer,¹⁰ most of those studies were looking at synthetic vitamin E." This happens so much across the board. The Monopoly Structure of the Current Big Pharma, (and the other Too Bigs,) owns, directs the \$\$\$ fueling Research, Education based on that research, Advertisement on Legacy Media - both in Ads and presented as unquestionable fact news, the Schooling of Medical Practitioners and the once peer reviewed journals, to skew awareness away from their practice to use Synthetics, or incomplete combinations and promote those results as proof the Real Deals do not work.

It very much seems there is a drive to commodify Nature so as to be able to claim they own everything so to have the ability to shut down, remove most anything we could know how to use and have it work so to complete a blanket amnesia for what actual Health is, and how it could be achieved.

Posted On 03/12/2024

Guillermou

Thank you Just for your timely considerations. Consider foods especially rich in tocotrienols due to their properties (see my post). The four tocopherols (-T, -T, -T and -T) and the four tocotrienols (-T3, -T3, -T3 and -T3) are collectively called vitamin E. All of these eight Forms contain a chromanol ring and a hydrophobic side chain, a phytol in the case of tocopherols and an isoprenyl with three double bonds in tocotrienols. Chemically, T3 and T are closely related: they both contain a polar chromanol ring linked to a 16-carbon hydrocarbon chain derived from isoprenoids.

Tocopherols are the main components of vitamin E present in most vegetable oils, while tocotrienols are especially present in palm oil. As an essential vitamin, vitamin E cannot be produced by the human body and must be obtained from food. The palm fruit is one of the best sources of tocopherols and tocotrienols, in addition to rice grains and annatto seeds. Palm fruit is the richest source of tocotrienols among all vegetable oils. Tocotrienols make up almost 70% of the vitamin E in palm oil, with the remaining 30% being tocopherols.

Palm oil and rice bran oil contain particularly high amounts of tocotrienols (940 and 465 mg/kg, respectively). Other sources of tocotrienols include grape seed oil, oats, hazelnuts, olive oil (picual olive has only 3% omega 6), sea buckthorn berry, rye, flax seed oil, poppy seed oil . and sunflower and corn oil (a lot of omega 6 not advisable). In Table 2 Presence of different tocotrienols in various vegetable oils. www.ncbi.nlm.nih.gov/.../PMC4392014 .-----www.astervedahealthcare.com/what-foods-are-high-in-tocotrienols

Posted On 03/12/2024

Naxossa

Not much information on food sourced Vitamin E

Posted On 03/12/2024

rrealrose

Under References 36, 37?

Posted On 03/12/2024

grandmax4ever

@ rrealrose - references 36, 37 lists 10 instead of 9 ("9 foods you can eat today to repel a future disease attack."). But no mention by Dr Mercola if these are part of the 9 he recommended and why. In the articles, sunflower seeds are listed as #1 but isn't it the highest in linoleic acid - which we should try to avoid - too?

Posted On 03/12/2024

rrealrose

Yes, sorry, not the author! Grass-fed ruminants are also listed just prior to last para. of the post. here's the complete sentence: ..."Vitamin E can easily be obtained from a healthy diet, so before considering a supplement, consider including more vitamin E-rich foods^{36,37} in your diet. Vitamin E is synthesized by plants, and the highest amounts are found in plant oils..." - - - - Quantity is also an important factor. Try whatever choices resonate for you, if your doctor will not order this, suspect the Omega-check test from LabCorp can be ordered directly now, check once a year if you've gone off the omega 3:6 balance - - - - (Note: already eat a fair amount of g-f beef and bison (and salmon); however, only vaguely aware when I tossed out spinach, beet greens and Swiss chard last year as high oxalate foods, there could be hell to pay as I ate one of these nearly every day. About the same time, I listened to a Barry Tan interview and decided to try his tocotrienols. The book link I posted is highly informative. You could say hedged my bets).

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Guillermou

Also: Palm oil and rice bran oil contain particularly high amounts of tocotrienols (940 and 465 mg/kg, respectively). Other sources of tocotrienols include grape seed oil, oats, hazelnuts, olive oil (picual olive has only 3% omega 6), sea buckthorn berry, rye, flax seed oil, poppy seed oil . and sunflower and corn oil (a lot of omega 6 not advisable). In Table 2 Presence of different tocotrienols in various vegetable oils. www.ncbi.nlm.nih.gov/.../PMC4392014

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Krofter

Avocados are usually ranked in the top 5 foods high in E. I've been growing kiwano melon the past few years.

Posted On 03/12/2024

grandmax4ever

This article focuses mostly on Vitamin E supplementation. Does not appear to mention the "9 foods you can eat today to repel a future disease attack"? References 36, 37 lists 10 instead of 9. Dr Mercola makes no mention which are part of the 9 he recommends and why. In the articles, sunflower seeds are listed as #1 but isn't it the highest in linoleic acid - which we should try to avoid - too?

Posted On 03/12/2024

Segstar

Yeah and the very vast majority of oils folks copy and pasted here, that are high in E is also high in that evil LA.. Confusion galore:)

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Guillermou

Also. The palm fruit is one of the best sources of tocopherols and tocotrienols, in addition to rice grains and annatto seeds. Palm fruit is the richest source of tocotrienols among all vegetable oils. Tocotrienols make up almost 70% of the vitamin E in palm oil, with the remaining 30% being tocopherols. Palm oil and rice bran oil contain particularly high amounts of tocotrienols (940 and 465 mg/kg, respectively). Other sources of tocotrienols include grape seed oil, oats, hazelnuts, olive oil (picual olive has only 3% omega 6), sea buckthorn berry, rye, flax seed oil, poppy seed oil . and sunflower and corn oil (a lot of omega 6 not advisable). In Table 2 Presence of different tocotrienols in various vegetable oils. www.ncbi.nlm.nih.gov/.../PMC4392014 www.astervedahealthcare.com/what-foods-are-high-in-tocotrienols

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Segstar

Gui but Palm oil has about 15%LA and grape seed oil is about the highest in LA...So how do we really view all of this information about LA and the other constituents in foods...Is there a synergy which complements, or is all of this isolation totally BS... www.ncbi.nlm.nih.gov/.../PMC4988453

Posted On 03/12/2024

Barbara Charis

Not given much of a food choice for Vitamin E...I avoid most oils, (too many grams of fat), and use a little coconut oil and less than a miniscule amount of olive oil occasionally. No beef either for over 50 years. I did well without beef or Vitamin E supplementation. Vitamin E did not do that much for Dr. Wilfrid Shute who did Vitamin E research. Man produces questionable vitamins, because our soil is so poor. I use supplements, too. (praying they work). However, our government needs the USDA to do the right things soil-wise to restore the soil...and not cater to petro chemicals or the humungous pesticide industry.. These industries are destroying the soil...wiping out every bit of nutritonal value.

Posted On 03/12/2024

bos1160

The people who make/sell Unique E recommend that tocopherols be taken separately from tocotrienols. Information in Mercola's article (or else I saw it in the comments) indicated that too much tocopherol can cause, I think it was, something about poor absorption of tocotrienols. Also, Chris Kresser has articles on this, and he sells a vitamin E supplement that is just tocotrienols. I'd like more clarification on this before purchasing anyone's supplements. I do use several of Dr. Mercola's and prefer one-stop shopping.

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brianjstiles

Vitamin E affects blood clotting, helping to prevent the formation of blood clots, improves the elasticity of large and small vessels, and also slows down the formation of cholesterol plaques. In addition, this vitamin is vital for the normal functioning of the reproductive system. Tocopherol is often called the "fertility vitamin", because in translation from Greek "tocos phero" means "bearing offspring". It is simply indispensable for maintaining reproductive function in women. Stimulates the production of estrogen and progesterone, improves the menstrual cycle, and alleviates the unpleasant symptoms of menopause. quality is good ingredients too

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Sherryld

I am taking Natural Factors mixed vitamin E (d-alpha-tocopherol) 200IU with beta, delta & gamma and the non medicinal ingredients are softgel(gelatin, glycerin, purified water) & soybean oil. Should I be looking for a different brand that does not contain soybean oil? This is supposed to be a trusted brand in Canada.

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JERSEYTONY

Dr. Barrie Tan has great information on Vit E Tocotrienols.. He spent a lifetime researching it

Posted On 03/12/2024

rrealrose

Yes, handed a copy to my primary care provider: <https://barrietan.com/book/>

Posted On 03/12/2024

AureliaOana

AureliaOana has deleted the comment.

Guillermou

www.ncbi.nlm.nih.gov/.../PMC4392014 www.astervedahealthcare.com/what-foods-are-high-in-tocotrienols

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grulla

Above article; "When supplementing with Vit E, make sure it's made with natural, NOT synthetic, vitamin E..." The Vit E ingredient list on the back of the bottle should read, "d-alpha-tocopherol" for natural Vit. E, and NOT dl-alpha-tocopherol for synthetic Vit E, which is made from petroleum biproducts.

www.poulingrain.com/.../vitamin-e-synthetic-or-natural Especially paragraphs 4 & 5.

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Philip92

So for the first three years of reducing LA in the diet the dosage for vitamin E, increases 10x? I've been reducing my LA intake already for a couple of years, I would say about two. And took like 200% of the RDA for many years prior to that already, although that was with fish oil and a way higher LA intake. Most likely 20-30g during my cyclical-keto days.

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