

# Aqua-E®

## Water Soluble Vitamin E

### Tocopherols+ Tocotrienols

#### DESCRIPTION

Aqua-E®, provided by Douglas Laboratories®, is a unique, patent pending liquid which supplies the complete vitamin E family of tocopherols plus tocotrienols in water-soluble form. Aqua-E is specially formulated for enhanced absorption, is odorless and has a neutral taste. It mixes easily with most beverages and water and is formulated to allow for individualized dosing of vitamin E for those that have special needs. This novel product is free of animal products, yeast, wheat, added colors or flavors, sweeteners, and salt and is suitable for vegetarians and children or adults that have difficulty swallowing softgels.

#### FUNCTIONS

Aqua-E has been specially formulated to provide water-soluble vitamin E, which can be of particular importance for those that may otherwise have difficulty with this nutrient's absorption and utilization. By providing bioavailable vitamin E, Aqua-E can support the proper absorption and utilization of lipids, promote liver, bowel and pancreatic health and support the optimal functioning of the immune system.

Vitamin E is one of the body's most important antioxidant nutrients. Antioxidants protect healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental sources, such as pollution and cigarette smoke. Free radicals are necessary for energy metabolism and immune function, but when an excessive number of free radicals are formed, they can attack healthy cells, especially cell membrane lipids and proteins. This, in turn, is thought to contribute to a number of degenerative diseases.

Vitamin E is an especially valuable antioxidant in the cell membranes, where it prevents oxidation of unsaturated fatty acids by trapping free radicals. This helps stabilize and protect cell membranes, especially red blood cells and tissues sensitive to oxidation, such as the lungs, eyes, and arteries.

While many think that the term "vitamin E" refers to a single entity, it actually describes a family of eight

different compounds known as the tocopherols and the tocotrienols. Both the tocopherols and tocotrienols are further divided into their alpha, beta, gamma and delta isomers. These two groups of compounds are similar with respect to their structure, but do have subtle molecular structure differences.

The d-alpha tocopherol isomer is the most well-known form of vitamin E. However, recent scientific evidence indicates that gamma-tocopherol may possess unique, distinguishable features. This tocopherol is the major form of vitamin E in seeds and in the US diet, though it has not been studied as broadly as alpha-tocopherol. Numerous studies have shown gamma-tocopherol to have excellent antioxidant abilities that complement the antioxidant ability of alpha-tocopherol.

Tocotrienols are found in various foods, but are particularly abundant in rice bran and palm oil. Like tocopherols, tocotrienols function as powerful antioxidants. In certain systems, there is evidence that tocotrienols may even possess greater antioxidant activity compared with tocopherols. In addition to their antioxidant function, tocotrienols have demonstrated the ability to support the body's normal metabolism of cholesterol.

#### INDICATIONS

Aqua-E may be a useful dietary adjunct for individuals wishing to supplement with vitamin E in a water-soluble form.

#### FORMULA (#99703)

##### 5 ml (1 teaspoon) contains:

Vitamin E (as d-alpha tocopherol) .....	100	I.U.
d-Gamma-tocopherol .....	60	mg
Beta- and Delta-tocopherol .....	15	mg
Total tocopherols .....	142	mg
Total tocotrienols .....	8	mg
Total tocopherols plus tocotrienols .....	150	mg

Other ingredients: Water, d-alpha-tocopheryl TPGS, potassium sorbate, sorbic acid and linoleic acid.

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## **SUGGESTED USE**

As a dietary supplement, Aqua-E can be taken directly or mixed with your favorite beverage. Shake well before each use.

## **SIDE EFFECTS**

No adverse side effects reported. Persons with malabsorption may require significantly larger doses and should use this product under the supervision of a physician.

## **STORAGE**

Refrigerate product after opening.

## **REFERENCES**

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**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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