

## Vitamin E

Vitamin E is involved in many functions in the body, including protecting fats from oxidation. An adequate supply of Vitamin E is absolutely essential for the maintenance of good health, as it is required to control the activities of many enzymes as well as for the formation of red blood cells.

### Benefits:

- Important antioxidant particularly useful in boosting the immune system, and protecting the cells against ageing.
- Needed for healthy red blood cells.
- Can be of benefit to those suffering premenstrual syndrome, or hot flushes associated with the menopause.
- Can also help to alleviate dry skin. Buy Vitamin E from one of our approved suppliers online now!