



spotlight on health

Supplementing Your Health With Vitamin E

(NAPSA)—A growing body of research indicates that eating right, getting enough exercise and taking certain nutritional supplements can lead to extra energy and better health.

For example, consumers are becoming increasingly aware of the benefits of adding vitamin E to their daily diet.

The main role of vitamin E is to act as an antioxidant, boosting the immune system and protecting cell membranes from toxic compounds, heavy metals, radiation and free radicals.

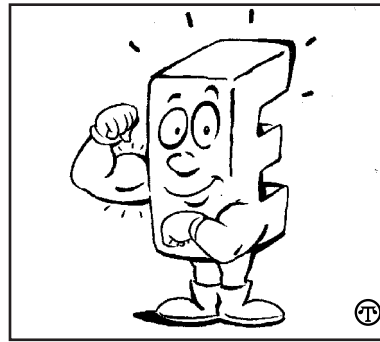
This vitamin is believed to protect against heart disease, improve eye health and assist in the management of some kinds of diabetes. In addition, it has been found to aid in delaying the progression of Alzheimer's disease as well as various forms of cancer.

Unfortunately, some of the foods richest in vitamin E—such as peanut butter, various vegetable oils and nuts—are also high in fat content.

That's why many experts believe adding a dietary supplement containing vitamin E may be an excellent way to obtain the health benefits without the fat.

For example, a recent study revealed that 75 percent of cardiologists surveyed recommended vitamin E supplements to their patients, generally in 400 International Units (IU), which surpasses the recommended dietary allowance (RDA) of 33 IU for vitamin E. While the best way to get nutrients is through food, to obtain 400 IU of vitamin E you would need to consume nearly 12 pounds of dry roasted peanuts or 133 cups of broccoli every day. In contrast, a single vitamin E supplement can provide this amount.

Another study indicated that doctors are practicing what they



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preach when it comes to antioxidant supplements, with 44 percent of those surveyed taking vitamin E, vitamin C or beta-carotene supplements either alone or in a combination with other vitamins.

Other research offers compelling evidence of vitamin E's ability to prevent cholesterol from creating fatty plaque and clogging arteries.

For instance, one study of 87,000 nurses found that women who used vitamin E supplements had a 31 percent reduced risk of nonfatal heart attacks and deaths from coronary heart disease. A similar study of 39,000 men demonstrated a 40 percent reduction of the same risks.

To learn more about the long-term health benefits of vitamin E and other antioxidants, visit www.freshstarts.com, an interactive Web site for adults, teachers and children. Additional information is also available through BASF Corporation's Team Antioxidant poster/brochure. For a free copy of this educational poster/brochure, please send your name and address to: "Team Antioxidant: Because Your Body is a Battleground" 3550 Young Place, Lynchburg, VA 24501.