

## **VITAMIN E - Energy Plus—Vitamin E Anti-Oxidant Protection in a Whole Food Formula...**

**We must have Vitamin E for heart protection and fat burn. Energy Plus** includes Vitamin E, Lecithin, Korean White Ginseng, Bee Pollen, and Wheat Germ Oil. **Energy Plus** combines five potent energy-boosters in a single, well-balanced combination. Each energy booster contributes independently, but their combined action is more than the sum of the parts. For example, the Korean White Ginseng, Bee Pollen, and Wheat Germ Oil provide a context of wholeness for the isolate Vitamin E and semi-isolate Lecithin, a fat emulsifier (which helps the body utilize fat as source for energy, hence the name “**Energy Plus**”). Each **Energy Plus** contains 200 IU Vitamin E. When you need energy immediately, chew the **Energy Plus** soft gel capsule rather than swallowing it; it tastes a little like peanut butter. (Sunrider is one of only four companies in America—the other three are pharmaceutical—that has this soft gel machine in its own manufacturing process!) It will give you a better “lift” than caffeine, which is a stimulant and can leave you jittery. The **Energy Plus** will give you a natural energy boost without any side effects. The benefits are greatest when the formula is taken consistently over a period of time. “**Energy Plus is a Heart-Healthy Food Supplement!**” Vitamin E is well-known as an antioxidant, but it has many other benefits as well. It plays an important role in energy production and it also increases endurance and stamina. You will burn 50% less fat if you do not have Vitamin E in your daily diet. As stated above, Vitamin E is also very beneficial for the heart, causing dilation of the blood vessels and permitting a fuller flow of blood to the heart. It also helps to prevent blood clots from forming. It can help reduce edema (swelling) and lower elevated blood pressure. In addition to these benefits, there is also some evidence to suggest that Vitamin E may be useful in slowing the aging process, since aging in the cells is largely due to oxidation and Vitamin E is so effective as an antioxidant.<sup>1</sup> Recommended: 2 caps daily.

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<sup>1</sup> Nutrition Almanac, Kirschmann