

Tocotrienols:

Tocotrienols have been found to:

- Lower cholesterol
- Reverse plaque build-up in arteries
- Reduce risk to cancer
- Fight inflammation
- Exert powerful antioxidant effects

What is the ideal daily intake for tocotrienols?

100-300 mg daily of a mixed tocotrienol supplement appears to be the best dose for cholesterol lowering, cancer prevention and antioxidant protection.

Should tocotrienols be taken with other nutrients?

Yes – ideally with vitamin E, carotenoids, vitamin C and selenium. Remember that antioxidants always work more effectively as an integrated team.

Antioxidant Power

Tocotrienols are some of the most powerful fat-soluble antioxidants known, up to 40 to 60 times more powerful than vitamin E.⁸ Tocotrienols and their antioxidant power protect the skin from the aging effects of the sun.⁹ Tocotrienols anti-inflammatory effects also make them useful in treatment of arthritis and other inflammatory ailments.

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Heart & Artery Protectors

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Tocotrienols are members of the vitamin E family which have an extraordinarily wide range of benefits. Tocotrienols are found in small amounts in palm oil, barley oil, amaranth, rice bran and rice bran oil – foods we rarely eat. Yet we need to consume tocotrienols daily. Why? Because tocotrienols have been found to lower cholesterol, reverse plaque build-up in arteries, even prevent cancer. They have also been found to help fight inflammation. They are one of the most important nutrients to take daily to ward off disease and maintain optimal health.

Reversing Plaque Build Up

Can a nutrient reverse plaque build-up in our arteries? Tocotrienols were given to 25 patients with plaque build-up in one of the main arteries of the body – the carotid artery that feeds the brain – along with vitamin E. Another group of 25 patients with the same condition were given a placebo. Ultrasound scans were done at six months, twelve months, and yearly thereafter. Bilateral duplex ultrasonography revealed striking results – carotid plaque regression in seven of the 25 tocotrienol patients, with no regression in the group that received the placebo.¹ Clearly, tocotrienols helped break down plaque in artery walls, and without any side effects. Tocotrienols open a new door to the prevention and treatment of clogged arteries – an ailment which affects millions of Americans and which significantly shortens lifespan.

Lowering Cholesterol and Inhibiting Clot Formation

Tocotrienols do more than help prevent and reverse plaque build-up – they lower cholesterol as well.² One human study showed that cholesterol could be lowered by a whopping 30% after only four weeks of taking 200 mg of gamma tocotrienol. Tocotrienols also decrease the production of inflammatory compounds known as thromboxanes by over 20%. These dangerous inflammatory compounds can create unwanted clots that can block arteries and cause heart attacks and strokes. By preventing unwanted clots from forming, tocotrienols show yet another way they prevent heart and artery disease.³

Fighting Cancer

Tocotrienols can exert direct inhibitory effects on the growth of breast cancer cells, whether they are hormone-dependent or not.⁴ Tocotrienols inhibit the formation of cancer cells in cell culture studies by up to 50%.⁵ Tocotrienols have also been found to work effectively in combination with Tamoxifen, a widely used synthetic antiestrogen. Such a combination showed an inhibitory effect on the proliferative rate and growth of breast cancer cells.⁶ Tocotrienols have also been found effective in animal studies in preventing melanoma, a deadly form of skin cancer.⁷

CLA: The

Unique Protective Nutrient

Robert Crayhon, M.S., and Julie Kreloff, R.D.

Can I get enough CLA through my diet?

Unless you consume large quantities of cheese and grass-fed beef daily, you are not getting enough CLA and should consider taking a supplement.

How much CLA should I take daily to remain healthy?

The preventive range for CLA is 100-500 mg a day. For therapeutic use of CLA for conditions such as Type II diabetes and heart disease, doses of 500 mg per day and more may be used.

Is CLA safe?

CLA has no side effects in these nutritional doses. CLA is a naturally occurring nutrient and is completely compatible with our body's metabolism.

Which conditions benefit from CLA?

Atherosclerosis, elevated blood cholesterol, loss of lean tissue (via dieting or disease), diabetes, inflammation, and as part of an overall program to reduce risk to cancer.⁸

How does CLA exert its protective effects?

When we consume CLA, it goes into the membranes of our cells where it appears to work as an antioxidant. CLA also has a range of other beneficial actions which researchers are just beginning to uncover.



What if there were a naturally-occurring fatty acid that could help prevent cancer, keep arteries clear, and help you fight colds and flus? Conjugated linoleic acid (CLA) is just that. CLA has been called one of the most versatile, health promoting nutrients ever discovered. CLA is found in dairy products and in meat, especially from animals that are grass-fed. Because most animals are grain-fed today, CLA consumption has decreased markedly. CLA's consumption is also limited in those allergic to dairy. Optimizing CLA intake is important, because its wide range of benefits only come when it is consumed regularly.

Cancer Fighter

CLA is one of the most important anti-cancer compounds ever discovered.¹ CLA helps prevent cancer due in part to its powerful antioxidant activity.² CLA has been shown to inhibit the proliferation of human malignant melanoma, colorectal, breast and lung cancer cells.³ Animal studies have demonstrated CLA's powerful anti-cancer effects as well.³ A daily intake 100 to 500 mg of CLA offers significant preventive power.⁴

Heart and Artery Protector

CLA has been found to lower cholesterol while also reducing the size of lesions found in arteries.⁵ CLA works in two ways to protect the heart and arteries: it lowers the amount of fats in the bloodstream, and prevents fats from sticking to artery walls.

Immune Booster

Our immune system consists of cells and organs that work to protect our body from cold, flus, and other forms of illness. CLA helps keep our immune system strong by increasing the number of cellular protectors found in our bloodstream.⁶

Diabetes Fighter

CLA can normalize impaired sugar metabolism and improve cells' sensitivity to insulin.⁷ Because of this, CLA may be one of the most important nutrients for the treatment and prevention of type II diabetes.

Weight Loss Promoter

A study done with 20 healthy volunteers given 3.6 grams of CLA a day decreased their body fat percentage from 21.3% to 17% over three months. Other studies done with weight lifters showed CLA can increase muscle strength while also maintaining a healthy immune function. In addition, during this study, the weight lifters' bone mass significantly increased. CLA is therefore helpful to those seeking healthy weight loss, increased muscle mass, and optimal bone density.⁵

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