

‘NUTRITIONAL TIPS’

VITAMIN ‘E’ & YOU

Who said we should be taking vitamins? Well certainly the big pharmaceuticals that have so much power and influence in high places! If your diet is balanced and adjusted to your needs, you likely need no supplements at all.

Vitamin ‘E’ supplements lower the rate of ‘Coronary Heart Disease’ by 30% to 40%. Other studies have strong indication of reduction of actual death form ‘CHD’.

Vitamin ‘E’ is fat-soluble antioxidant that protects us from ‘Free Radical Damage’. A common type of vitamin ‘E’ is scientifically known as ‘Alphatocopherol’. Remember that ‘Vitamin ‘E’ is a foodstuff! You can procure it in your local super or not-so-super store. Sources are fresh green leafy vegetables, vegetable oils, nuts and more.

If you were to intake 200 to 265 mg. (400 IU) ‘Internal Units’ of Vitamin ‘E’ daily you are likely to experience risk reduction. This dosage also will help to boost your immune response. There are tests that indicate a need or approximately 400 IU per day to accomplish significant improvement.

As we age, natural tendency is to require slightly more supplemental dietary items. Stay informed.

Do NOT exceed 1,500 IU per day. Vitamin ‘E’ can act as an anticoagulant and thus increase the risk of bleeding problems.

Devise a good dietary regimen with the help of a trained nutritional expert.

Observe it ... regularly!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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