



COMPREHENSIVE SUPER E +

GLUTEN FREE

TOCOPHEROLS & TOCOTRIENOLS
With Selenium

Comprehensive Super E+ is a complete, premium vitamin E complex supplying ALL 8 FORMS of natural, unesterified vitamin E tocopherols and tocotrienols, including significant levels of gamma tocopherol PLUS synergistic selenium.

Within one generation, vitamin E has become regarded as one of the most important and versatile of all known antioxidants. Many experts consider vitamin E to be the body's most valuable fat-soluble antioxidant. Its ability to protect against free radical damage may benefit nearly every organ and tissue in the body.

Vitamin E, primarily in the form of alpha-tocopherol, has been the subject of over 500 scientific studies, making it one of the most well-researched antioxidants. But in nature, vitamin E actually occurs in EIGHT forms: four tocopherols (alpha-, gamma-, beta- and delta-tocopherol) and four tocotrienols (alpha-, gamma-, beta- and delta-tocotrienol).

Comprehensive Super E+ provides all eight forms of vitamin E, starting with high levels of *natural alpha-tocopherol* and meaningful levels of *mixed tocopherols* (notably gamma-, the primary form found in foods), plus a generous serving of all four *tocotrienol* forms. *Selenium*, which interacts synergistically with vitamin E to help sustain benefits, and *lecithin*, which helps to pre-emulsify the ingredients, are intended to maximize absorption & utilization potential. Finally, an opaque *carob-infused softgel* helps to protect the delicate contents within from damage by oxidizing light rays.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Meaningful Levels of All Four Tocopherol Forms: Alpha, Gamma, Beta, Delta.

PIONEER® *Comprehensive Super E+* features high levels of superior quality, natural *d-alpha-tocopherol* (the most widely researched form of vitamin E) plus *gamma-tocopherol*, *beta-tocopherol* and *delta-tocopherol*. Each of these four tocopherol forms has its own unique and important antioxidant properties. *Comprehensive Super E+* supplies especially generous levels of *gamma-tocopherol*, which is the predominant vitamin E form in foods and appears to enhance the action of the *d-alpha* form. *Gamma-tocopherol* also may be superior at inhibiting peroxynitrite, a type of nitrogen-containing free radical.¹

2. Generous Amounts of all Four Tocotrienol

Forms. Although very costly, a generous 30 mg of full-spectrum tocotrienol complex is supplied by PIONEER® *Comprehensive Super E+* with the intention of providing a complete vitamin E profile. Research suggests that tocotrienols are potent antioxidants and may help provide nutritive support for healthy lipid levels and normal cell integrity.^{2,3}

3. Selenium.

One of the most important functions of selenium is as a co-factor of *glutathione peroxidase*, a critical antioxidant enzyme. In addition, selenium and vitamin E work together synergistically to protect cell membrane lipids from damage by oxidation.⁴ PIONEER® *Comprehensive Super E+* contains a full 200 mcg of the preferred *selenomethionine* form for superior benefits.

4. Pre-Emulsified.

Vitamin E is well-absorbed by most individuals, but people who have difficulty absorbing fats in general may experience compromised uptake. Conditions causing malabsorption of fats (celiac disease, cystic fibrosis, acute or chronic inflammation in the digestive tract or pancreas, diabetes and other chronic diseases) may limit uptake of vitamin E and other nutrients. To potentiate maximum absorption in all people, the ingredients in *Comprehensive Super E+* are infused with natural lecithin, a process intended to create microscopic droplets which may provide enhanced absorption.

5. Verified Gluten-Free.

PIONEER® *Comprehensive Super E+* is made with gluten-free ingredients and every batch is laboratory tested to insure no detectable levels of gluten proteins are present in the product.

Serving Size: 2 softgels
Bottles of 60 softgels

	AMOUNT PER SERVING	% DV
Calories	10	
Calories from Fat	5	
Total Fat	1 g	2%†
Vitamin E (d-alpha-tocopherol)	400 IU	1333%
Selenium (selenomethionine)	200 mcg	286%
D-gamma-tocopherol	300 mg	*
D-alpha-tocopherol	265 mg	*
D-delta-tocopherol	120 mg	*
D-beta-tocopherol	5 mg	*
Lecithin (soy)	32 mg	*
Tocotrienol Complex (from rice bran oil) (supplying alpha-, gamma-, delta and beta tocotrienols)	30 mg	*

†Percent Daily Value based on a 2000 calorie diet

*Daily Value (DV) not established

Other ingredients: gelatin softgel (gelatin, glycerin, carob extract), soy oil, yellow beeswax. 5.08

NOTE: Some ingredient details may be abbreviated on actual product labels.

REFERENCES

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- El-Demerdash FM. Antioxidant effect of vitamin E and selenium on lipid peroxidation, enzyme activities and biochemical parameters in rats exposed to aluminium. *J Trace Elem Med Biol*. 2004;18(1):113-21.

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