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a17. Vitamin E and heart Attack
Dr. Victor Jean Ouellette June 1999
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MARCH 22, 1996 HAMILTON SPECTATOR STUDY SUGGESTS VITAMIN E REDUCES
HEART ATTACK RISK LONDON

Vitamin E can reduce the risk of a heart attack by 75 per cent, British researchers said yesterday. The findings about one of the world's biggest killers were announced by a team of Cambridge University scientists who studied 2,000 patients with heart problems.

“We are enormously excited to discover that vitamin E really is as beneficial as we had all hoped,” said Professor Morris Brown. “I will be recommending that patients with angina and those who are at risk of heart disease should be given supplementary vitamin E at a high dose.”

Mr. Brown and his colleagues said the vitamin, which occurs naturally in oil-rich foods, is far more effective than current heart treatments like aspirin and cholesterol-lowering drugs.

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This article is interesting and worthy of consideration, but all vitamin E is not alike. Do you know the difference between these two vitamin E products?

d tocopherol acetate
dl tocopherol acetate

They look almost the same. One is natural and one is synthetic. The synthetic one is 8 times less effective. The synthetic one has the l after the d. Let's enlarge these words so you can see them clearly.

d tocopherol acetate
dl tocopherol acetate

You should buy only the product that has the d alone without the l. The endings on the name may vary. Some companies may call their product tocopheryl acetate, and some companies may not call their product acetate, but something else. The key is the d and the l. This (l) is what you look for on the product label. If you find it don't buy it.

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