

VITAMIN E – SORTING OUT THE CONFUSION

TRYING TO SEPARATE THE CONFUSION FROM THE FACTS REGARDING THE MOST APPROPRIATE FORM OF VITAMIN E FOR EFFECTIVENESS AS AN ANTI-OXIDANT, IMPROVING COGNITIVE FUNCTION, AS A CHEMOPREVENTATIVE, AND IN CONTROLLING CHRONIC INFLAMMATION-RELATED DISEASES INCLUDING ARTHRITIS, CANCER, CARDIOVASCULAR DISEASE, AND NEURODEGENERATIVE DISORDERS

Compiled by Charles (Chuck) Maack and Patrick O'Shea
Prostate Cancer Patients/Advocates/Activists/Mentors

DISCLAIMER: Please recognize that neither Charles (Chuck) Maack nor Patrick O'Shea are Medical Doctors. Both are avid students researching and studying prostate cancer as survivors and continuing patients. They have dedicated much of their time to continued research and study in order to serve as advocates for prostate cancer awareness, and, from activist patients viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for their mentoring – they provide this free service as patients who have been there hoping to make your journey one with better understanding and knowledge than was available to them when diagnosed. Readers of this paper must understand that the comments or recommendations they make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as their opinion from the evidence provided, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

The following are exchanges between Charles (Chuck) Maack and Patrick O'Shea, prostate cancer patients, advocates, activists, and mentors regarding Vitamin E that with your close attention should sort out the confusion to come to a personal conclusion as to what will be best for you.

From: Charles Maack [mailto:maack1@cox.net]

Sent: Tuesday, January 5, 2016 11:42 AM

Subject: Vitamin E Succinate Continues to Show Impressive Anti-Cancer Properties

An interesting paper on the confusion of patients regarding supplementing with Vitamin E. Pro's and Con's explained as well as forms of Vitamin E either appropriate or not; but the debate continues:

<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=57584>

Chuck

From: Charles Maack [mailto:maack1@cox.net]
Sent: Tuesday, January 5, 2016 11:49 AM
Subject: And Even More Regarding Vitamin E

More Regarding Vitamin E:

Increased brain oxidation, cognitive dysfunction associated with vitamin E deficiency

<http://tinyurl.com/jhxodhb>

Chuck

From: advancedprostatecancer@yahoogroups.com
[<mailto:advancedprostatecancer@yahoogroups.com>]
Sent: Tuesday, January 5, 2016 5:18 PM
To: advancedprostatecancer@yahoogroups.com
Subject: Re: Advanced PCa Malecare Group Vitamin E Succinate Continues to Show Impressive Anti-Cancer Properties

Chuck,

I was interested in E-succinate maybe 8 years ago & used some because of studies - until I learned more. E-succinate is an esterified form of alpha tocopherol & the succinate component separates in the intestines. Realistically, one simply cannot deliver E-succinate to cancer cells orally. Perhaps intravenously?

The author does touch on this, & mentions that "supraphysiological" oral doses would be needed for E-succinate to show up in the blood (at therapeutic levels?), but some might read his post & rush out to buy E-succinate with high expectations.

While on the topic of E, it continues to perplex me why alpha tocopherol gets top billing. Probably because it is the compound generally found in the blood at highest levels - but gamma tocopherol is more prevalent in the diet. What happens to the gamma? I suggest that it is taken up but preferentially used.

Studies show that gamma tocopherol may be useful against PCa - LEF even has a gamma product.

The four tocopherols & four tocotrienols compete for transport. Any attempt to formulate a "balanced" E product is doomed because of the transport situation. One has to eliminate or minimize the components that get in the way of those we favor. The 8 components are never found together in nature. There is no obvious mix - no perfect food source. Those who take an alpha tocopherol product unknowingly suppress uptake of the other 7 compounds. The law of unintended consequences strikes again!

While gamma tocopherol appears to be the most valuable tocopherol, gamma tocotrienol seems to be even more valuable against PCa.

We get a certain amount of E from the diet, of course. But for a supplement, I choose to favor gamma tocotrienol by using DeltaGold (from annatto). It is roughly 90% delta tocotrienol & 10% gamma. Not ideal maybe, but perhaps a good mix for PCa, given the association with increased risk of cardiovascular disease. DeltaGold is marketed as a cardio product because of research on delta tocotrienol. As for the gamma component, it only has to compete with delta for transport. No alpha tocopherol - no tocopherols at all. For better or worse, it's what I went for.

A lot of brands repackage DeltaGold, but note:

[Swanson Ultra DeltaGold Tocotrienols 50 mg 60 Sgels - Swanson Health Products](#)



Swanson Ultra DeltaGold
Tocotrienols 50 mg 60 Sgels -
S...

Swanson Ultra proudly
welcomes Delta and Gamma

Tocotrienols from Annatto to our selection of Vitamin E products. As you may know, the vitamin E family consist...

View on [www.swansonvitamin...](http://www.swansonvitamin.com) Preview by Yahoo

-Patrick

From: Charles Maack [mailto:maack1@cox.net]

Sent: Wednesday, January 6, 2016 10:04 AM

To: 'advancedprostatecancer@yahoogroups.com' <advancedprostatecancer@yahoogroups.com>

Subject: RE: Advanced PCa Malecare Group Vitamin E Succinate Continues to Show Impressive Anti-Cancer Properties

Your remarks are well taken, Patrick. The patient must look/read closely to the papers presented on any subject, then do even more research on the internet to learn more.

In the case of your remarks regarding gamma tocopherols as more effective than alpha tocopherols, this additional paper certainly supports your conclusion as well as more in-depth explanation regarding selecting the most appropriate Vitamin E: <http://tinyurl.com/pyk3ewa>

“Are You Taking the Wrong Vitamin E? Get the Facts on Vitamin E”

This paper includes the remarks:

“Although alpha tocopherol has been shown to be a better antioxidant than gamma tocopherol, gamma tocopherol is a better anti-inflammatory. It is very good at controlling chronic inflammation-related diseases including arthritis, cancer, cardiovascular disease, and neurodegenerative disorders such as Alzheimer’s disease.”

And, “It is well documented that plasma and tissue gamma tocopherol are suppressed by alpha tocopherol supplements. In sharp contrast, gamma tocopherol supplementation leads to a win-win situation, increasing both alpha and gamma tocopherols.”

And as regards cancer “Cancer chemoprevention (the use of non-cytotoxic drugs and natural agents to block the progression to invasive cancer) is a new approach in the management of cancer. Recent evidence indicates that gamma-tocopherol may be a more powerful chemopreventive than alpha-tocopherol, and that it is better at inhibiting cancer cell proliferation.”

In reading what we have provided, Patrick, as well as researching to better understand Vitamin E, it is little wonder why patients – and likely even physicians – are confused when it comes to appropriately supplementing with this vitamin.

Chuck

Here is information supporting Patrick’s preference for tocotrienols and particularly the Annato tocotrienols Patrick describes above. As noted below, Dr. Parris Kidd recommends anywhere from 50 to 100mg daily:

“The Tocotrienols Going (Way) Beyond Vitamin E”

<http://tinyurl.com/zooykgu>

Which leads off: “More than eight decades after its discovery, vitamin E is still identified primarily with the four tocopherol nutrients, particularly alpha-tocopherol. Yet the tocotrienols do everything the tocopherols do, and much more.” *totalhealth’s* Science Adviser Dr. Parris Kidd interviewed Dr. Barrie Tan, the pioneering tocotrienol expert.”

Further in this paper:

“In 1993, a Bristol Meyers Squibb internal study found that 100 milligrams per day of delta- and gamma-tocotrienol reduced total and LDL cholesterol by 20 –25 percent and triglycerides by 15–20 percent. The delta-tocotrienol was the most effective of the tocotrienols.”

With the question to Dr. Kidd “ How much of the annatto tocotrienols should we supplement each day?” His reply was “At least 50, preferably 100 milligrams per day. From the peer-reviewed clinical studies and my studies, the optimal dose of the annatto tocotrienols for cholesterol and triglyceride reduction seems to be 75–100 milligrams per day. The supplement is best taken with a meal, preferably dinner, to maximize absorption in the intestinal tract.”