Annatto-E™ Synergy

*Natural support for cardiovascular health, antioxidant status and more**

The Vitamin E Story

Annatto-E™ Synergy is a unique tocopherols-free, tocotrienols-only product, containing 125 mg tocotrienols along with 1 g black cumin seed oil *(Nigella sativa)* per two softgel serving. Vitamin E is not a single nutrient, but rather a complex made up of 8 distinct compounds: 4 tocopherols and 4 tocotrienols. These components have slightly different chemical structures, and these differences impart unique properties that influence their biochemical functions and their effects in the body. Most conventional supplements are typically rich in tocopherols—alpha-tocopherol, in particular—but the tocotrienol fractions have unique effects across a variety of tissues that make them desirable to supplement on their own, without tocopherols.

Rich sources of vitamin E include whole grains, such as wheat (especially the germ), rice, barley, oats, select leafy green vegetables, and palm fruit. Most of these foods, however, are higher in tocopherols than tocotrienols. The richest known source of naturally occurring tocotrienols is annatto, derived from the seeds of a tree native to Latin America. Annatto is virtually free of tocopherols and contains nearly 100% tocotrienols, all in the most potent forms. The tocotrienols in this product are sourced from annatto, so they're exclusively tocotrienols.

Benefits of Tocotrienols

Tocotrienols have shown impressive effects in supporting cardiovascular health, particularly with regard to helping maintain healthy cholesterol and triglyceride levels.* They may also be beneficial for a healthy inflammatory response. Related to their favorable effects on blood vessel function, tocotrienols also support healthy blood pressure.* Owing to their positive influence on lipids (fats in the blood), tocotrienols may be beneficial for those with a buildup of fat in the liver, as well as those who need help managing healthy blood sugar and insulin levels.* Perhaps the best known role for the vitamin E complex is as an antioxidant. Tocotrienols are more potent at protecting against cellular damage from harmful free radicals. The powerful antioxidant function of tocotrienols has been demonstrated in studies of skin and eye health, where damage from oxidation can lead to premature aging of the skin and compromised visual acuity.

Black Cumin Seed Oil

The seeds of *Nigella sativa*, commonly known as black cumin, have been used in Western Asia for thousands of years as a spice, food preservative, and traditional remedy with efficacy across a wide range of health concerns, including support for digestive function, promotion of proper blood pressure, and healthy skin. The primary compound in black cumin seed oil, called thymoquinone (TQ), has antioxidant properties, supports a proper inflammatory response, promotes immune system function and the health of the liver and kidneys.* Additionally, black cumin seed oil and tocotrienols have both been shown to support maintenance of healthy bones.*

How to Take: As a dietary supplement, take two softgels per day, or as directed by your health care practitioner.

designs for health®

Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.