


Water-soluble vitamin E product comparisons

Water-soluble Vitamin E Product:	Aquasol E Novartis	Liqui-E Twinlab	"Water-Solubilized" Vitamin E Softgels	Aqua-E Yasoo Health
 Forms micellar-like spheres: (with TPGS)	No [Contains polysorbates (Tween) but no TPGS - requires normal enzymatic and bile function in order to be absorbed]	Yes Utilizes TPGS (Polyethylene glycol)	No (requires normal enzymatic and bile function in order to be absorbed)	Yes Utilizes TPGS (Polyethylene glycol)
Components:	synthetic dl-alpha-tocopheryl acetate	alpha-tocopherol	synthetic dl-alpha-tocopheryl acetate	alpha-tocopherol beta-tocopherol gamma-tocopherol delta-tocopherol alpha-tocotrienol beta-tocotrienol gamma-tocotrienol delta-tocotrienol
Additives:	Water Caramel color yellow color anise oil flavor polysorbate propylene glycol	Water Glycerin Sorbitol Flavor Methylparaben Potassium sorbate Propylparaben Lecithin	Gelatin, Glycerine, Polysorbate 80, Mono- and Diglycerides, Soybean Oil, Propylene Glycol, Propyl Gallate, Citric Acid	Water Natural alpha-linolenic acid Potassium sorbate
Taste:	Flavored with anise oil and artificial flavor	Syrupy with flavor agents added and significant aftertaste	Softgel	Neutral & light (no flavor agents added)

- Only Aqua-E contains complete vitamin E like vitamin E from food sources.
- Unlike other liquid vitamin E products which supply only alpha-tocopherol, Aqua-E supplies the complete vitamin E family of tocopherols and tocotrienols. It is particularly rich in natural gamma-tocopherol and the tocotrienols. These other members of the vitamin E family have different properties than alpha-tocopherol and are depleted when using alpha-tocopherol supplementation alone. Gamma-tocopherol, for instance, is an important scavenger of nitrogen free radicals and shows anti-inflammatory properties.
- The tocotrienols are important in reducing the risk of some forms of cancer, supporting healthy cholesterol levels and cardiovascular function, and protecting the skin from UV radiation.