

All or Nothing

Reginald B. Cherry, M.D. claims that nutritional supplements can provide optimal health benefits “only if they consist of nutrients in their most complete, natural and bioavailable forms.” A case in point is vitamin E. Generally sold in its isolated, alphanatocopherol form, vitamin E is actually a family of nutrients consisting of four tocopherols (alpha, beta, gamma and delta) and four tocotrienols (alpha, beta, gamma and delta), Cherry says. He recommends that the various forms of vitamin E be taken together because they work as an antioxidant team to give maximum protection against disease.