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570-454-2958

What Does Vitamin E Do for Me?

Most importantly, vitamin E helps to protect your cell membranes against damaging free radicals. Cell membranes are essential to your overall health; damage to them can eventually lead to many chronic diseases.

Vitamin E is one vitamin that is extremely difficult to get enough of from the foods that you eat. For example, you would have to consume 15 ounces of almonds a day (that's over 2,500 calories) to get the recommended daily dose of vitamin E; that's the entire daily calorie intake for many of us—not leaving any room for other foods to get all the other essential vitamins and minerals you need.

But don't worry— you can easily get your daily vitamin E by taking it in a supplement form. Hazle Drugs all natural brand of “Vitamin E Mixed Tocopherols” is a major antioxidant and the primary defense against lipid peroxidation. This special unesterified form is particularly important in protecting the body's cells from free radical/oxidative damage.

For more information regarding the benefits of Vitamin E, please contact our Certified Clinical Nutritionist, Bill Spear, at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, 570-454-2476, www.hazledrugs.com

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at

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*Call for more information or to schedule your
Nutritional Consultation today!*