

The effect of vitamin E 400 on health and beauty

Vitamin E 400 is trusted by many people thanks to possessing wonderful effects for health and beauty ...

Vitamin E 400 is a product believed by many women with the desire to protect health and maintain beauty. So what is the **effect of vitamin E 400** ? How to drink like? TipsMake.com will help you answer these issues in detail!

content

1. What effect does Vitamin E 400 have?
 1. Beauty use
 2. Health protection
2. How to use vitamin E 400

What effect does Vitamin E 400 have?

Vitamin E 400 is a product that supplements vitamin E for the body. In each vitamin E 400 tablet contains 400 IU d-alpha-tocopherol (IU is an international measurement unit, 1 IU vitamin E is equivalent to 0.667 µg d-alpha-tocopherol - the isomer is the best effect for muscle can).

Beauty use

Anti-aging : The active ingredients in vitamin E 400 are able to protect skin cells, prevent aging by eliminating free radicals. So that your skin will be youthful, smooth and full of life.

Moisturises and fades dark circles and dark circles : Adding vitamin E 400 daily will help the skin balance moisture while stimulating new cells to produce cells, regenerating collagen and blurring dark spots.

Helps keep hair smooth and healthy : When provided with the necessary amount of vitamin E, your hair will become smooth, less tangled and healthy naturally.

Prevent wrinkles : From the age of 25, your skin starts to age with wrinkles around the eyes, mouth, etc. However, you can still slow down this process by adding the necessary nutrients to your skin. skin, especially vitamin E.



Vitamin E helps prevent aging and beautify skin

Health protection

Not only does beauty work, vitamin E plays an important role in maintaining a healthy body. According to experts, vitamin E deficiency will cause a series of dangerous symptoms such as muscle weakness, neurological disorders, erythrocyte deficiency, poor skin, genital organ damage, cystic fibrosis, transfer disorders. Fat chemistry, poor eyes, tired body, memory impairment. Vitamin E has also been shown to be good for pregnant women and Alzheimer's patients.

How to use vitamin E 400

To get the best effect when taking vitamin E 400, you can follow the instructions and the following notes:

Usage : Take 1 tablet after 30 minutes after meals.



Take vitamin E every day to protect your health and beauty

Note:

1. Every day, the body needs only up to 400IU of vitamin E. Using too much body that cannot absorb it all back also causes many dangerous symptoms. Therefore, comply with the dosage indicated by the doctor and instructions on the product packaging.
2. Take vitamin E 400 continuously for 1-2 months then take a break then use it again. This will help your body avoid excess vitamin E.
3. Add fat to the menu to increase the effectiveness of vitamin E absorption
4. Should be combined with other vitamin C products to increase beauty effectiveness, protect health

Hopefully, our article will help you understand more about how to drink as well as the effect of vitamin E with health and beauty. Visit META.vn for more useful information and advice on the best products.

>>> **More information: How to take** vitamin E properly?

You finished reading the article "**The effect of vitamin E 400 on health and beauty**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.