

# TOCO<sup>TM</sup> Soft

Tocotrienol 50 mg (74.5 IU) and Tocopherol 13.5 mg (20 IU)

## Composition

**Toco<sup>TM</sup> Soft:** Each Soft Gelatin Capsule contains Tocotrienol 50 mg (74.5 IU) and Tocopherol 13.5 mg (20 IU).

## Description

Vitamin E is a fat soluble vitamin. Structurally both tocotrienol and tocopherol have a chroman ring as the head but are distinguished by their side chain. Tocopherol has a saturated side chain whereas tocotrienol has three double bonds in its side chain. This is why tocotrienol is sometimes called the unsaturated vitamin E. While very similar in structure to tocopherol, research has shown that tocotrienols have additional biological activities which are not shown by the alpha-tocopherol.

## Indication

- Supports healthy hair & skin
- Supports brain health & cognitive function
- Powerful antioxidant
- Helps to maintain healthy blood vessels

## Dosage & Administration

Adults and above 18 years: 1-2 capsules daily or as directed by the physician.

## Contraindication

Contraindicated in patients with known hypersensitivity to any of the ingredients.

## Side effects

Well tolerated in recommended dose.

## Drug interactions

Patients on cholesterol lowering medication should only consume the product under medical supervision.

## Use in pregnancy & lactation

Not recommended for pregnant or lactating women.

## Storage condition

Store at a cool & dry place below 25° C. Protect from direct sunlight & moisture. Do not freeze.

## How supplied

**Toco<sup>TM</sup> Soft Gelatin Capsule:** Each box contains 30 soft gelatin capsules in blister pack.

*Manufactured by*

**SQUARE PHARMACEUTICALS LTD.**

**HERBAL DIVISION**

BSCIC, Pabna, Bangladesh

