



Tocotrienols: Vitamin E Beyond Tocopherols, Second Edition

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The first 90 years of vitamin E research has produced prolific and notable discoveries, but until the last few decades, attention has been given mostly to the biological activities and underlying mechanisms of alpha-tocopherol, which we now know is one of more than eight vitamin E isomers. Currently, the non-tocopherol vitamin E molecule tocotrienol has reached a new measure of research height: *more than one-third of all vitamin E tocotrienol research of the last 30 years has been published since 2009*. The thriving field of tocotrienol research gives ground for publication of **Tocotrienols: Vitamin E Beyond Tocopherols, Second Edition**, a compilation of the latest tocotrienol research in all new chapters.

Highlights

- *Established* research, including prevention and treatment of cardiovascular disease, metabolic syndrome, and cancer
- *Emergent* research, including angiogenesis, bioavailability, bone health, gastric injury, inflammation, life extension, and skin health
- Tocopherol interference with tocotrienol functions
- All new chapters and many new contributors

Recognized as potent antioxidants, tocotrienols play a role in cholesterol reduction, tumor suppression, reversal of arteriosclerosis, and protection of the heart against oxidative stress. Compiling contributions from leading researchers, this book overviews tocotrienols, and examines their sources, chemistry, and mechanisms of action. Contributors discuss the role of tocotrienols in the treatment and prevention of cancer and in cardiovascular health, diabetes, and other hormone regulation by tocotrienols. In addition, the book addresses animal and *in vitro* as well as mechanistic and pre-clinical studies.

Dr. Tan discusses the benefits of tocotrienol in a YouTube video.

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