



# **The Vitamin E Factor: The miraculous antioxidant for the prevention and treatment of heart disease, cancer, and aging**

*Andreas Papas*

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It is too early to conclude that vitamin E has all the beneficial effects attributed to it, but even if only 25% of current expectations were to be fulfilled, vitamin E would become an important weapon against a range of chronic diseases.

The book is not simply scientific and education but also a please to read.

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