

Tocotrienols may protect against fatty liver

Supplements of vitamin E tocotrienols may improve symptoms of non-alcoholic fatty liver disease (NAFLD), according to research has been accepted for presentation at the 2010 Liver Meeting of the American Association for the Study of Liver Diseases (ASSLD). Secondary data from a clinical trial has indicated that daily supplements containing its tocotrienol improved liver health of 66.7 percent of participants. The results were said to be statistically significant compared to the control group. This is the first research that demonstrated that the palm tocotrienol complex is effective against non-alcoholic fatty liver, a condition which to date has no proven drug treatment.”