



pelican
platinum
with Vitamin E 

Vitamin E Guide: All You Need to Know

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What is Vitamin E?

Vitamin E is a fat-soluble nutrient found in many foods, in supplement form and as an ingredient applied topically. It acts as an antioxidant to combat oxidative damage to cells by fighting off free radicals which are produced by toxins in the environment, such as air pollution, cigarette smoke and ultraviolet light. By combating these free radicals, Vitamin E helps to support the immune system, cell function and skin health.

There are eight different forms of Vitamin E, with tocopherol acetate and tocopherol being the most common form found throughout the body. So if you see the technical term “tocopherol” on the ingredients list of your favourite skincare product, it’s simply Vitamin E.

By actively consuming foods filled with Vitamin E or incorporating the ingredient into your skincare routine, you’ll be benefiting from its many antioxidant properties – inside and out.

Did you know?

The body also needs Vitamin E to boost its immune system to fight off any invading bacteria or viruses.⁽¹⁾

The benefits of Vitamin E for your skin

Moisturising

Vitamin E helps to prevent water loss from the skin and to retain the skin's natural moisture. As the Vitamin protects the cell membranes, which form a barrier around cells, it helps to keep the skin hydrated, healthy and moisturised. ⁽²⁾

Kind to skin

Because of its antioxidant properties, Vitamin E can also be used to treat a number of different skin conditions, such as acne, psoriasis, eczema and the ageing affects from sun exposure. Applying Vitamin E oil on the skin if you have psoriasis (a condition where the skin can turn red, dry and flaky) can bring improvements to the troubled areas and can repair the damage. Vitamin E can also bring down the inflammation of eczema and can relieve itchiness and dryness. ⁽³⁾

Replenish

Free radicals can make it harder for scars to heal; Vitamin E speeds up the process of the skin's regeneration, so damaged skin cells are replaced by new ones. By applying Vitamin E, it helps to soften and replenish the affected area and can lighten the scar in a few weeks and in some cases, eventually diminishing after months. ⁽⁴⁾

Soothing

Vitamin E is shown to have natural anti-inflammatory activities within the skin; it can help to soothe and calm any sore, irritated areas of the skin. ⁽⁵⁾

Anti-ageing

Vitamin E is a great anti-ageing powerhouse; it will protect your skin from sun damage and promotes collagen production to improve skin elasticity. In turn, this allows for healthy skin cell growth and the reduced appearance of fine lines and wrinkles. ⁽⁶⁾

Did you know?

Vitamin E has shown to have more than just skincare benefits, including: ⁽⁷⁾

-  Balances cholesterol
-  Fights free radicals and prevents disease development
-  Thickens and stimulates hair growth
-  Balances hormones and helps PMS symptoms
-  Improves vision
-  Supports growth and development during pregnancy
-  Improves physical endurance and muscle strength

Where to find Vitamin E

Skincare

Vitamin E is found naturally in many cosmetic products, such as anti-ageing creams, eye serums, sunscreens and makeup.

It is best used in products that absorb into your skin as it will result in higher benefits by increasing the amount of Vitamin E stored within sebaceous glands – therefore using overnight creams, serums or oils is best. Rinse-off products such as cleansers with Vitamin E will enhance antioxidant properties on the top layers of the skin too. Cleansing your face for at least 60 seconds will allow the Vitamin E to absorb into your skin and will maximise the benefits.

Make sure that when choosing a product, you check the ingredients list for Vitamin E's technical term: **tocopherol** or **alpha-tocopherol**. You will be surprised by how many products contain Vitamin E!

Many skincare brands such as The Body Shop, Superdrug, Jo Malone and more have their own Vitamin E ranges. They aim to replenish, moisturise and re-hydrate the skin.

Where can you find Vitamin E in skincare?

- Moisturisers & face creams
- Cleansers
- Sun cream
- Lip balms
- Face masks & scrubs
- Hand & body wash
- Shampoo & conditioner

Top tip: Vitamin E absorption is increased when combined with Vitamin C



Which foods are rich in Vitamin E?

- Almonds
- Sunflower seeds
- Red sweet pepper
- Sweet potato
- Butternut squash
- Mango
- Avocado
- Olive oil
- Kiwi fruit

Natural Vitamin E in food is commonly listed as **d-alpha-tocopherol** on food and supplement labels. Vitamin E is also produced synthetically. The synthetic form of Vitamin E is often referred to as **dl-alpha-tocopherol**. The natural form is more potent.

Meal and snack ideas with Vitamin E:

- Add a slice of avocado to your sandwich for lunch
- Keep a small portion of almonds or sunflower seeds at your desk to snack on
- Incorporate green vegetables into your diet by adding some cooked spinach to soups, pasta and stews
- Add wheat germ to smoothies or porridge



The importance of healthy peristomal skin

While it may surprise you, skin health is an important element after stoma surgery as it can play a huge role in maintaining a healthy and comfortable lifestyle. This is because the skin around your stoma (also known as peristomal skin) can have an impact on the quality of your everyday life, and if it is not taken care of properly, it can cause discomfort or complications.

If complications with your peristomal skin were to occur, it can cause significant issues, such as:

- Leakage
- Pain and overall discomfort
- Itching and irritation
- Unpleasant odour

A healthy stoma will be pink or red in colour and will be slightly moist. The skin around the stoma should be intact without any irritation or redness.

Vitamin E can be used to help maintain healthy peristomal skin and can help prevent any problems in the future.

Tips to avoid peristomal skin problems

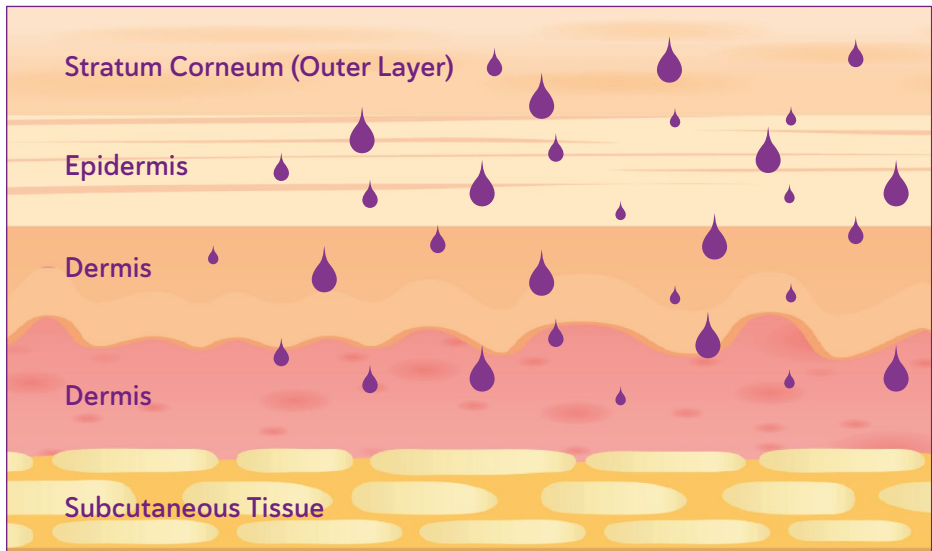
- Seek advice from your Stoma Care Nurse on using skin-friendly barriers or seals to protect the skin around your stoma
- Only use water to clean the skin, and soft dry wipes supplied by your home delivery service
- If you experience constant or severe itching, seek advice from your Stoma Care Nurse
- If you experience leakage problems, see your Stoma Care Nurse for a review as this could lead to irritated skin
- Talk to your Stoma Care Nurse to determine which products work best for you and your skin

Vitamin E penetrates deep into the skin

Our Platinum with Vitamin E range is infused with 1% Vitamin E. It penetrates deep into the skin to help soothe, replenish and nourish.

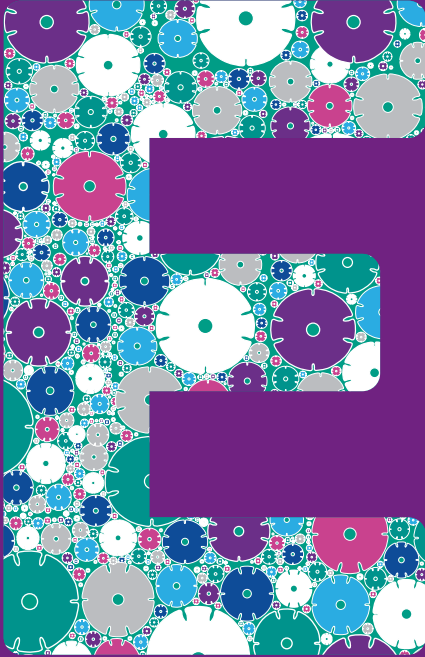
Studies show that Vitamin E levels within the dermis increase greatly after topical application, and help to support antioxidant defences within the stratum corneum (outer layer).⁽⁸⁾

Vitamin E can penetrate deep into the layers of the skin. Here are the layers of our skin.



72 HOURS OF BENEFITS

Vitamin E takes just **15 minutes** to be released into the skin and continues to benefit for at least **72 hours**⁽⁹⁾



THE VITAMIN E RANGE

4 AREAS OF ENHANCED PERFORMANCE



Moisturising ⁽¹⁰⁾



Replenish ⁽¹¹⁾



Soothing ⁽¹²⁾



Kind to Skin ⁽¹³⁾



Available in Flat, Soft and Firm Convex
Closed, Drainable, Urostomy & High Output



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pelican
platinum
with Vitamin E 

Also now available in the Elements range



“The barrier cream has done wonders for my skin and my stoma site.”

Adhesive Remover
Spray / Wipes

Barrier Cream

Barrier Film
Spray / Wipes

4 AREAS OF ENHANCED PERFORMANCE

Moisturising ⁽¹⁰⁾

May help to nourish the delicate skin around the stoma and prevent dryness. It hydrates skin, and helps to prevent further water loss.

Replenish ⁽¹¹⁾

May help to improve and replenish damaged skin.

Soothing ⁽¹²⁾

May help to minimise skin irritation that can be caused by the application and removal of a pouch.

Kind to Skin ⁽¹³⁾

May help to reduce skin damage and skin redness given its antioxidant properties.

Order your sample TODAY

pelicanhealthcare.co.uk

0800 318 282

contactus@pelicanhealthcare.co.uk

Vitamin E Diaries

#vitaminEdiaries is a platform for ostomates to read, view, engage and share their stories and experiences with each other on their Vitamin E journey*

Louise



Louise suffers from Crohn's disease. She's had two ileostomy surgeries, with the second becoming permanent. She's a mother to a beautiful girl and lives with her fiancé, Ben.

Louise has a blog site, crohnsfighting.com and writes regular blog posts for us, which can be found over on our website. You can also find her on social media under the name [crohnsfighting](#).

This is Louise's Vitamin E journey:

I visited Pelican HQ some time ago and was asked if I would like to road test their improved version of the current stoma

bag I was using. They explained to me about the Vitamin E and how it helps to improve the quality of the skin around the stoma site and how it could possibly clear up my dermatitis. I jumped at the chance and received my first box in the post soon after.

The improvement in my stoma site, after just three days, was absolutely amazing. I can honestly say from personal experience and still using this bag that it has improved my skin 100%.

With the addition of Vitamin E to the Platinum contour bag, I am a happy ostomate and am no longer hindered by my bag and can continue life as normal.

The added benefits of a soft petalled flange means my movements are not hindered and the bag bends with me, not against me, during weights and PT training at the gym.



Before



During



After

Dan



My first experience of wearing an ileostomy bag was not a good one. In the first few days post-surgery, the post-op bag that was used resulted in extremely painful blisters and open bleeding wounds.

As a result of this my stoma nurses recommended using the Pelican Vitamin E range of products especially when even a simple plaster after an injection would cause a rash on my arm, my skin was that sensitive.

At first I was a bit skeptical, but to my relief they were right. After using the Pelican Vitamin E range, the skin issues

completely disappeared and have never reoccurred. My skin no longer has painful blisters or bleeding wounds, which shows the Vitamin E has worked brilliantly on my sensitive skin. This has given me the confidence to enjoy time with my family and to carry on with my career.

My lifestyle post-op is a very active one. Running and cycling training have become part of my normal week.

Luckily, the Pelican Vitamin E bags have carried on working well even when faced with an 8-hour cycle ride or a 2 hour run. Touch wood I've never experienced any issues with the bags. I find that the adhesive on the flange becomes stickier as I train making the bag even more secure.

The Pelican Vitamin E adhesive remover has become my go to product to help remove the flange after a big training session.

I would definitely recommend the Pelican Vitamin E range to anyone who has an active lifestyle. Next year will be an even bigger test for the product when I undertake my biggest challenge year, Ironman Wales!



We are proud to support Dan and his various fundraising activities, including the Carten100 (cycling 100 miles from Cardiff to Tenby) and Prudential Ride London 100 mile ride, to help raise money and awareness for Crohn's and Colitis. Visit www.justgiving.com/fundraising/daniel-bevan6 to donate and support Dan's Crohn's & Colitis fundraising.

Amy



I got in touch with Pelican Healthcare to ask them if I could sample their new Vitamin E Elements range. Within a few days I was sent a cute little box (purple too, woo!) full of Vitamin E goodies to try, including adhesive remover spray and wipes, and also some barrier wipes.

My peristomal skin (the skin around my stoma) in general has been great, but I do get reddening frequently from changing my bag twice daily and occasionally dry skin. I change my bag twice daily due to having to medically widen my own stoma twice a day, so it is important to me that there are products out there that help keep my skin in check and as clear as possible.

I was keen to try the Vitamin E adhesive remover and being a big fan of purple the spray can automatically appealed to me and was something cute I could add to my ostomy supplies box.

So how did I get on? I used the adhesive remover spray (and also gave the wipes a go, although I favour the spray usually because I find it easier and quicker) twice daily for 2 weeks and there was a definite difference. The skin reddening seemed to be less intense using this spray, and my skin also felt super soft and nourished to touch as the days went on. The spray itself wasn't messy, which was a bonus as I've sometimes had issues with spray coming out more like water when it's got near to the end of the bottle with some adhesive removers. It didn't have a scent to it, but this I didn't mind as it's better to have no scent than super overpowering! Also, if you don't have a scented spray it means there are less ingredients that could affect your skin. You can find some photos below ranging from start to finish over the two weeks of my peristomal skin.

Would I use the products again? Yes! I would definitely continue using the spray as a staple everyday bag kit product!



Simon



I have tried a number of different products since I first had my stoma and I found it a nightmare finding a bag that suited me, that was until I tried Pelican.

Now everyone is different, and everybody likes different things. It ultimately depends on what you are after – are you all about the look of a bag, the comfort, the texture, an all-rounder? I personally don't care too much for the look of my bag, I'd much prefer something that was comfortable to wear and reliable. I find the Pelican Platinum range both extremely comfortable and reliable, with the added bonus of looking pretty slick on too. My only concern has been that my skin can occasionally become sore and bleed from time to time, so hearing

about the Vitamin E range excited me (who on earth gets excited about stoma bags!?) I felt like a bag I loved with having a Vitamin E element for my skin would only be a positive, so I agreed to trialling the range.

After removing the old bag, I set about trying the new range, using the Vitamin E barrier wipes and the cream (you only need a very small amount of cream). I then placed the new bag on and the thing that struck me the most, was the fact it immediately stuck to my skin, sometimes I peel the bag off quickly and reposition it but there was no chance of that this time as the bag felt like it was superglued on. I went to bed that night without a care in the world, knowing there was no leak occurring during that night.

I've used the range for two weeks in total and my skin feels amazing. I don't use the cream everyday because I don't feel I need to, but even using it as and when the skin has improved massively. There's been no negatives to take from this range. I would highly recommend everyone to try this range as I'm confident that if you do, you'll do what I did and change all my products before the samples ran out.



Before



After

Angelina



Before finding out about Vitamin E from Pelican Healthcare I suffered with extremely sore skin around my stoma. My skin was extremely itchy 24/7 which left me scratching it over my clothes in public (I probably looked really weird). As well as being itchy, I suffered with bleeding from my skin every time I cleaned it. This meant that I had to wait for the bleeding to stop before I placed the bag on again.

I met the lovely Pelican Healthcare team at an event and they introduced me to their Vitamin E range. I was kindly given the Vitamin E Barrier Cream and the Vitamin E Adhesive Remover Spray.

It came in the cutest colourful packaging and it felt like a little present from them to me.

After the event I went home and decided to test them, I used the spray to remove my bag and once I cleaned it I used the cream. The cream was fast drying meaning I didn't have to wait a while to place my bag on again.

A few days later of religiously using these two products I noticed a massive difference in my skin. The itching and the bleeding completely stopped, which I was really taken aback by at how quick and effective they were. It really helped my skin and my self-esteem.

I cannot recommend the Vitamin E range enough, if you suffer from sore skin around your stoma then please give them a try! You will not be disappointed!!



Vitamin E Users

“I’ve trialled a lot of bags on the market and this is the only bag I can get on with as the base plate is so soft - it feels like a second skin! The Vitamin E is essential and I’ve had no skin irritation at all”

“My skin was red and broken; when I used the Vitamin E pouch the skin began to return to normal”

Vitamin E recipes

Vitamin E Avocado & Almond Smoothie

Ingredients:

- 6 dates, stoned and cut into chunks
- 1 ripe avocado, stoned and peeled
- 1 and 1/2 cups (350ml) unsweetened almond milk

Blitz the dates in a blender until they are ground as fine as possible. Add the avocado and almond milk and blend until smooth. Makes two glasses.

Papaya & Vitamin E Cleansing Face Mask

Using Vitamin E in a facemask is a great way to expose its benefits, leaving you with moisturised and nourished skin.

Ingredients:

- 2 tsp papaya pulp
- 1 tsp rose water
- 15-20 drops of Vitamin E oil or 1 Vitamin E capsule

Pour 15-20 drops of Vitamin E oil, or extract 1 Vitamin E capsule, in a bowl along with the papaya pulp and rose water and mix well. Apply evenly over your face. Allow to dry for about 10 minutes and wipe away with a warm cloth.

Natural Lip Balm

Vitamin E works as a moisturiser and can help treat chapped, dry lips. This DIY recipe is super easy and perfect for all year round.

Ingredients:

- 1/4 tsp of Vitamin E oil
- 2 tbsps of coconut oil
- 3 drops of lavender oil
- 1 tsp of grated beeswax
- 1/2 tsp of honey

Mix all the ingredients together and heat in a microwave until the mixtures have completely melted. Take the storage you plan to use – clear lip balm tubes, jars or even old recycled lip balm containers – and pour in the mixture. Let the lip balm harden for a few hours and you have a finished product.

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4 in 5 *
patients had
a positive experience



2 in 3 *
patients reported
improved skin condition



1 in 2 *
patients experienced reduced
irritation and soreness



1.<https://ods.od.nih.gov/factsheets/VitaminE-Consumer/> 2.<https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/> 3.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4976416/> 4.<https://www.fushi.co.uk/healthy-lifestyle-news/vitamin-e-oil-for-scars/> 5.<https://www.ncbi.nlm.nih.gov/pubmed/16011463> 6.<https://www.healthline.com/health/vitamin-e-for-face#benefits> 7.<https://www.webmd.com/vitamins/ai/ingredientmono-954/vitamin-e> 8.Traber MG, Rallis M, Podda M, Weber C, Maibach HI, Packer L. Penetration and distribution of alpha-tocopherol, alpha- or gamma-tocotrienols applied individually onto murine skin. *Lipids*. 1998;33(1):87-91. 9.In-vitro analysis undertaken using the High Performance Liquid Chromatography (HPLC) technique.

*All statistics, case studies, quotations are based on real world user and/or HCP experiences of using the product as part of an overall stoma care regime. The evaluation did not constitute a randomised or controlled study. All data is held on file by Pelican Healthcare.

Feel the benefits of Vitamin E on your skin today

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