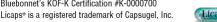
Directions: As a dietary supplement, take one liquid-filled capsule daily or as directed by a healthcare practitioner.

Bluebonnet's Natural Full Spectrum Vitamin E Complex Licaps contain the popular, natural d-alpha tocopherol with a full spectrum of natural tocopherol isomers (alpha, beta, delta and gamma) from soybeans and tocotrienol isomers (alpha, beta, delta and gamma) from sustainably-sourced, non-hydrogenated palm oil from Malaysia, which enforces strict environmental regulations. Research has found that a total vitamin E complex containing all family members may provide more health benefits than just d-alpha tocopherol alone. Available in easy-to-swallow, liquid-filled, vegetable-derived capsules (Licaps) for a truly vegetarian formula from the inside out.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700





Manufactured for **Bluebonnet Nutrition Corporation** 12915 Dairy Ashford Sugar Land, TX 77478 USA www.bluebonnetnutrition.com



Natural • Full Spectrum

/itamin E Complex

Mixed Tocopherols & Tocotrienols







Supplement Facts Serving Size 1 Liquid-Filled Capsule

% Daily Amount Per Serving Value 893 Vitamin E 134 mg

Mixed Tocopherols 320 mg (from soybeans)

(as 200 IU d-alpha tocopherol)

(Supplying d-alpha tocopherol, d-delta tocopherol, d-gamma tocopherol and d-beta tocopherol)

Mixed Tocotrienols 25 ma (from non-hydrogenated palm oil) (Supplying d-gamma tocotrienol, d-alpha tocotrienol, d-delta tocotrienol and d-beta tocotrienol)

Daily Value based on a 2.000 calorie diet. *Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, medium chain triglycerides, silica.

Contains: Soybeans