

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

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Bluebonnet®



Natural • Full Spectrum

Vitamin E Complex

Mixed Tocopherols & Tocotrienols
Dietary Supplement
60 Licaps



Rich
Source of
Antioxidants

Supplement Facts

Serving Size 1 Liquid-Filled Capsule

Amount Per Serving		% Daily Value
Vitamin E (as 200 IU d-alpha tocopherol)	134 mg	893
Mixed Tocopherols (from soybeans) (Supplying d-alpha tocopherol, d-delta tocopherol, d-gamma tocopherol and d-beta tocopherol)	320 mg	*
Mixed Tocotrienols (from non-hydrogenated palm oil) (Supplying d-gamma tocotrienol, d-alpha tocotrienol, d-delta tocotrienol and d-beta tocotrienol)	25 mg	*

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