

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

**Bluebonnet's Natural Vitamin E 400 IU Mixed Softgels** contain natural d-alpha tocopherol with a full spectrum of natural tocopherol isomers (beta, delta and gamma) in a base of vegetable oil (i.e., soy). Available in easy-to-swallow softgels for maximum assimilation and absorption.

Manufactured for  
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# Bluebonnet



## Natural Vitamin E 400 IU

Mixed Tocopherols  
Dietary Supplement  
**100 Softgels**



## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Vitamin E (as 400 IU d-alpha tocopherol)	267 mg	1780
Mixed Tocopherols (Supplying d-gamma tocopherol, d-delta tocopherol and d-beta tocopherol)	5 mg	*

Daily Value based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, soybean oil.

**Contains: Soybeans**

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

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